#### **Original Content**



Select Langua





# > Services > Maternity

#### **Maternity Care**

Helping parents welcome the newest members of the family.

The birth of every child is a special. Whether it is your first baby or you have been through childbirth before, you deserve the best care and support as you bring your new baby into the world. Adventist Health's experienced maternity nurses and physicians are committed to making your birthing experience a healthy and personalized one.

Our birthing centers feature comfortable labor and delivery and postpartum rooms, the labest in technology, and a wide range of maternity classes to help you make a smooth. transition to perenthood.

#### We respect our patients' wishes

No one should have more say in how a pregnancy and delivery is handled than the mother herself. As exciting as pregnancy is, it is also a difficult and challenging time. You deserve to have a medical team who understands what you're going through and will go above and beyond to help you through the most difficult moments. We educate our patients on what to expect during delivery, the facts about painkilling medication and what you can do to help maintain a healthy pregnancy. With this information, we can help you create a personalized birth plan that meets your unique needs.

There are many things you can do to prepare for the birth of your child, including:

- Creating a pregnancy-healthy diet
- Performing regular, pregnancy-safe exercises.
- Educating yourself on the birth experience
- Working closely with an obstetrician, douls and/or midwife.
- Participating in childbirth education classes.
- Planning alternatives to your birth plan in case of unexpected circumstances.

The maternity care beam at Adventist Health can help you with all of this and more. We are honored to help you welcome your newest family member into the world, and we want to give you the birth experience you envisioned.



### **Transformed Content**

### Advent Health







Schedule Appointment



Find Locations



Medical Services > Mother and Baby Care

# Mother and Baby Care

#### The Greatest Care

## For Life's Greatest Adventure

First trimester. First flutters. First feedings. Week by week, kick by kick, we're always by your side, guiding you through pre-conception and prenatal care, supporting your labor and delivery choices, and welcoming your baby to the world with expert care. And because we know the changes you're going through are more than physical, we're here for your mind and your spirit too, helping you prepare for the adventure ahead with pregnancy education and support classes, guidance in selfcare, and unconditional support. No matter where you are on your journey to motherhood, AdventHealth is here to make it a well-guided one, with labor and delivery units that feel like home and a team of OB/GYN experts who make you feel ready to take on anything.

