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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 latest in technology, and a wide range of maternity classes to help you make a smooth transition to parenthood.

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, doula and/or midwife
- Participating in childbirth education classes
- Planning alternatives to your birth plan in case of unexpected circumstances

The maternity care team 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

