

EMBARKING WITH EASE

YOUR NEWBORN PREPARATION CHECKLIST

First Steps with Camarena Kids number one priority is you and your baby. Our team of providers are here to ensure that all mothers-to-be deliver a healthy baby through early planning and prenatal care. Our providers and staff are here for you to plan a positive childbirth experience.

Here are some things to prepare
for during your first visits:

☐ Prenatal and breastfeeding classes
to empower your journey.

☐ Selecting your delivery hospital and
a Camarena Health Pediatrician.

☐ Ensuring car seat safety and
understanding health insurance
additions.

Schedule your next appointment and get
personalized guidance every step of the way.



**FIRST
STEPS**
with Camarena Kids

Camarena Health Pediatrics
(559) 664-4000

Camarena Kids
441 E. Yosemite Ave. | Madera, CA 93638
camarenahealth.org/first-steps

