

EMBARKING WITH EASE

YOUR NEWBORN PREPARATION CHECKLIST

At Camarena Kids our number one priority is you and your baby. Our team of providers are here to ensure that all parents-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

