

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.

## Things to prepare for before your baby arrives:



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.

Your Camarena Kids Pediatrician is here for you to give personalized guidance every step of the way.



Camarena Health Pediatrics  
(559) 664-4000

Camarena Kids  
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[camarenahealth.org/first-steps](https://camarenahealth.org/first-steps)

