



Expect great care when you're expecting

Maternity care at Kaiser Permanente

More than 106,000 babies were born at Kaiser Permanente last year. That's a lot of glowing moms-to-be, nervous partners, and adorable new arrivals. But we also make sure having your baby with us is unique and special for you and your growing family.

Personalized care from a dedicated team

Your prenatal care team is there to keep you and your baby healthy, empower and support you throughout your pregnancy, and help you have the birth experience you want. Your first step is choosing a doctor or midwife:

Obstetricians are doctors who care for pregnant women and deliver babies. 94% of our ob-gyns are board certified – that means they've had extra training to become highly skilled in their field.

Midwives are registered nurses who provide holistic, family-centered care during pregnancy, delivery, and recovery.¹

Support for a healthy pregnancy

We're here for you before, during, and after the birth of your baby.

Visit kp.org/classes to explore classes and programs for expecting parents – including:²

- Preparing for childbirth
- Prenatal yoga
- Breastfeeding
- Newborn care

Go to kp.org/maternity for in-depth resources for every stage of pregnancy, labor and delivery, and your baby's first few weeks at home. Come back often for articles, checklists, videos, virtual tours of our maternity wards, and more.

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kp.org/maternity

 **KAISER PERMANENTE®**

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Planning for a positive delivery day experience

Giving birth is hard work – but you get an amazing reward at the end. Making a birth plan lets you tell us how you envision your day, so we can do our best to honor your wishes and help you have a safe, positive experience.

- Download a birth plan at kp.org/birthplan.
- Fill it out and share it with your prenatal care provider.
- We'll add it to your electronic health record so your care team can review it on delivery day.

Breastfeeding your baby for a healthy start in life

Experts recommend feeding your baby nothing but breast milk for the first 6 months. Learning to breastfeed can be difficult and frustrating – many new moms struggle at first.

If you choose to nurse your baby, you'll get plenty of support from us. Board-certified lactation consultants are available to give you one-on-one support – both in the hospital and after you go home.

If you and your baby need specialized care


Learning that your pregnancy is high-risk can be scary – but many of our high-risk moms-to-be have healthy pregnancies and healthy babies. Any specialty prenatal care you may need will be built into your maternity care plan.

If you're high-risk, you'll see a perinatologist who specializes in complicated pregnancies. And if your baby needs extra TLC, our highly trained neonatal intensive care teams provide specialized care for newborns with unique needs.

Did you know?

Vaginal births come with fewer risks and shorter hospital stays than Cesarean births (C-sections). Kaiser Permanente members have fewer C-sections – and more vaginal births after cesarean (VBACs) – than nonmembers.



 **10% fewer C-sections**

25%³ Kaiser Permanente hospitals in California

35%⁴ California for-profit hospitals

 **16% more VBACs**

20%⁵ Kaiser Permanente hospitals in California

4%⁶ California for-profit hospitals

¹Midwives are not available at all Kaiser Permanente facilities.

²Classes vary by location and some may require a fee.

³Office of Statewide Health Planning and Development, 2014

⁴Agency for Healthcare Research and Quality, 2014

⁵See note 3.

⁶See note 4.