



PRENATAL CARE FOR MOM AND BABY

## Are you pregnant and looking for the best care for you and your unborn baby?

We know how important it is to have a doctor that will help you through this very special time, and we are here to give you the best care possible.

Call **833-867-4642** Mon – Fri 8:00am-5:00pm to speak with a Neighborhood prenatal care specialist



## Happy, Healthy Pregnancies

From nurse practitioners to midwives to health educators, our friendly Prenatal team is committed to providing pregnant mothers with the quality care they need throughout their pregnancy and beyond. We offer a comprehensive prenatal program including education on prenatal health, childbirth education, nutrition services, and more. High-risk obstetricians are also available if needed.

### Prenatal Services

Neighborhood's prenatal services include:

- Prenatal education
- Childbirth education
- Nutrition services
- Breastfeeding support
- Counseling
- Chiropractic services
- Postpartum care

### Ultrasounds

A prenatal ultrasound test uses high-frequency sound waves, inaudible to the human ear, that are transmitted via a device called a transducer to see inside your abdomen. During a prenatal ultrasound, the echoes are recorded and transformed into video or photographic images of your baby. Neighborhood offers ultrasounds at our Prenatal location.

### Prenatal care is available at the following Neighborhood locations:

El Cajon

Escondido – Prenatal

Menifee

Temecula