



## WHAT IS FAMILY CENTERED CARE?

### *It's about personalized care...*

**Respect** for emotional well-being, privacy and personal preferences.

**Empowerment** through honoring your family's religious and cultural beliefs.

**Choices** in treatment used before, during and after childbirth and newborn care including pain management, medications and tests.

**Flexibility** to welcome fathers, significant others and siblings to be part of your birth experience.

### *It's about commitment...*

- Individualized birth plans

- Easier to get first trimester appointments

- Individualized prenatal education

- Lactation support by certified lactation consultants

- Careful seamless coordination between facilities if you transfer during pregnancy

- Personalized pain management

- Private postpartum rooms

### *It's about convenience...*

Stork parking & follow-up appointment scheduling prior to leaving office

### *It's about family...*

You and your family's needs and best interests are at the heart of all decisions



### *It's about trust...*

When your health care needs change, military medicine changes, too. To provide more personalized and responsive care during your childbirth experience, we are offering family centered care.

### *Why is this important?*

Family, friends and social support networks are vital to good health.

Often during this special time our military families are far from home and their usual support system.

Through family-centered care our military hospitals offer an extended 'family', knowledgeable about the separation aspects of military life.

The family-centered care approach ensures that you and your family get the best possible personalized, coordinated care during this special time.