

Giving birth in Brazil without chaos

A guide for future moms and dads

Based on the real story of Emmanuel and Thato,
who chose Florianópolis for the birth of their daughter Eliana

Birth plan • doctor • documents • postpartum support

Giving birth in Brazil: a calm plan for mom, dad, and baby

This guide is based on the real story of Emmanuel from Nigeria and Thato from South Africa. They chose Florianópolis for the birth of their daughter Eliana and moved through the full journey: first WhatsApp questions, arrival, doctor meetings, birth, the first days at home, and the baby document process.

It is designed as a practical roadmap for an international family: what to decide before the flight, how to prepare for birth, who can help after discharge, and which medical and legal questions should be discussed in advance.

Main idea

Giving birth in Brazil is not only about the hospital. It is the doctor, city, documents, housing, language, postpartum support, and a team you can contact when something is unclear.

“The most important thing is the birth. You have to be safe.”

— Emmanuel

Who this guide is for

For mom To understand how to choose a doctor, prepare for birth, and avoid feeling alone after discharge.	For dad To see the structure: timing, budget, housing, documents, communication, and the medical plan.
For an international family To identify what should be prepared before arriving in Brazil.	For families still deciding To see a real journey rather than a list of attractive promises.

Why Emmanuel and Thato’s story is useful

Their journey included the ordinary questions international parents ask: which country and city to choose, how to find a doctor, what to do without fluent Portuguese, what a CPF is, who can help during the first weeks after birth, and how to organise the baby’s documents.

The family journey: from idea to documents

Every family has different timing and documents, but the logic of the journey is often similar. The earlier the steps are connected into one plan, the fewer decisions must be made under pressure.

1. Initial research Compare countries, cities, doctors, budget, entry rules, and safe flight timing.	2. First contact Share pregnancy week, parents' nationalities, medical history, and preferred city.
3. Choosing the city Evaluate medical care, housing, transport, daily rhythm, and the first weeks with a newborn.	4. Meeting the doctor Receive a clear medical plan, ask questions, and discuss possible birth scenarios.
5. Preparing for birth Agree on the maternity hospital, birth support, translation, partner participation, and communication.	6. First days after birth Plan pediatric care, feeding support, the mother's recovery, and practical help at home.
7. Baby documents Organise birth registration, CPF, and later passport or consular steps.	8. Later family decisions Discuss travel, residence, and legal options separately, without automatic promises.

"It removed all my doubts and worry."

— Emmanuel after meeting Dr. Diego Di Marco

Lesson from the journey

A family needs more than a list of services. It needs a connected plan: doctor + birth + documents + housing + postpartum support + clear responsibility at every stage.

What to decide before buying tickets

The most common mistake is assuming that preparation begins at the hospital. In practice, it starts earlier: pregnancy week, airline rules, documents, city, doctor, and the plan for the first days after birth.

☐ Check pregnancy week and the airline's rules for flying during pregnancy.	☐ Prepare medical records, test results, and information about previous births or surgery.
☐ Confirm entry rules for both parents' passports and the permitted period of stay.	☐ Choose a city based on medical care, housing, transport, and postpartum needs.
☐ Build a realistic budget for birth, housing, documents, and the first weeks after discharge.	☐ Check which parent documents may be required for the baby's birth registration.
☐ Decide who will help the mother and baby after discharge.	☐ Discuss an initial prenatal and birth plan with a doctor.
☐ Arrange language support if the family does not speak Portuguese.	☐ Keep a time and budget reserve for medical or administrative delays.

Before paying for non-refundable tickets

Confirm medical restrictions, airline rules, and entry requirements. Travel late in pregnancy should be discussed with the attending doctor.

For mom: what should feel calm and clear

A modern clinic is not enough. A future mother needs to feel heard, understand the doctor, know who will support her, know whether her partner can participate, and know who can help with recovery and newborn care after discharge.

Thato hoped for a vaginal birth. Before admission, she discussed how to move through contractions, communicate with the medical team, who could stay beside her, and when the plan might need to change.

*“It was not just, ‘I’m already in hospital, now I just need to push the baby out.’
They prepared me.”*

— **Thato**

Mom’s checklist

☐ I know who is leading my prenatal care and how to contact the doctor or coordinator.	☐ I understand where prenatal appointments and the birth are planned.
☐ I have discussed vaginal birth, caesarean birth, and medical reasons for changing the plan.	☐ I understand the role of a doula: a non-medical birth-support professional.
☐ I know who can be with me in the maternity hospital and after discharge.	☐ I have discussed feeding and lactation support in advance.
☐ I know where to go if the baby needs a pediatrician or specialist.	☐ I have a clear contact channel for urgent and non-urgent questions.

Important

This guide does not replace medical advice. Pregnancy, delivery method, and treatment decisions must be made with qualified medical professionals.

For dad: how to keep the plan under control

During an international birth journey, the father often helps hold the structure together: country, flights, housing, doctor, budget, transport, documents, timing, and communication. Emmanuel compared options and checked in advance who was responsible for each stage.

Dad's checklist

☐ I understand the overall budget: medical care, housing, transport, documents, and the first weeks.	☐ I know when it is safer to arrive and how much time to allow after birth.
☐ I have checked passport validity and the list of parent documents.	☐ I understand who handles medical, practical, and document-related questions.
☐ I have a working BabyInBrazil contact in WhatsApp.	☐ I understand that legal outcomes depend on documents and official authorities.
☐ I have planned support for the mother after discharge.	☐ I know the clinic, maternity hospital, pharmacy, and nearest general hospital.
☐ I am not leaving registration and consular questions until the last days.	☐ I have a backup plan for changes in birth timing or document processing.

Dad's main task

Do not try to solve everything alone. A strong plan distributes responsibility: medical care stays with the doctor, legal questions with a qualified specialist, practical issues with the coordinator, and major decisions with the family.

Birth is only the middle of the journey

After the baby is born, a new stage begins. Parents often prepare carefully for the maternity hospital but underestimate the first days at home: feeding, sleep, crying, anxiety, pediatric questions, and the mother's recovery.

Pediatric care Who will examine the baby after discharge and where the family should go with questions.	Feeding support Breastfeeding, latch, bottles, formula, colic, and when specialist help is needed.
Mother's recovery Sleep, nutrition, pain, emotions, pelvic-floor recovery, and warning signs.	Help at home A relative, nanny, doula, postpartum professional, or another trusted helper.
Documents Birth registration starts a separate administrative pathway for the baby.	Communication A clear channel where the family can quickly receive guidance and be directed to the right specialist.

"What I really appreciate with BabyInBrazil is that you are a priority to them."

— **Thato**

Plan support before birth

Do not wait until exhaustion begins. Agree in advance who can help with meals, shopping, transport, appointments, feeding questions, and the mother's rest.

Why the doctor and the support team matter



Dr. Diego Di Marco in his office. The original aspect ratio is preserved; the photograph has not been stretched.

For an international family, trust in the doctor is fundamental. In Emmanuel and Thato's story, meeting Dr. Diego was a turning point: instead of relying only on general online information, the family received a specific medical plan and understandable next steps.

Coordination does not replace the doctor or official authorities. Its purpose is to connect medical care, local organisation, translation, documents, and practical support so that the family understands who is responsible for each part.

What this should give the family

Not a promise that "everything will be solved," but a transparent structure: qualified clinicians manage medical care, qualified legal professionals explain legal grounds, and coordinators help the family move between stages.

Documents after birth: speak honestly and early

Documents are one reason international families consider Brazil. This is also where wording must be especially careful. The correct approach is to explain procedures, check the required documents, and support the family through official requirements - not to promise an automatic passport, citizenship for parents, or residence status.

In general, a child born in Brazil is Brazilian by birth. Article 12 of the Brazilian Constitution contains a specific exception for children of foreign parents who are serving their own country. Birth registration and other document procedures must still be completed after delivery.

Parents of a Brazilian child may have a basis to apply for residence through family reunification. This is not automatic: eligibility, documents, and procedure depend on the family's circumstances and the requirements in force at the time of application.

What to discuss in advance

☐ Parents' passports and validity dates.	☐ Parents' birth certificates.
☐ Marriage certificate or family-status documents, when applicable.	☐ Apostille, legalisation, or consular procedure, depending on the issuing country.
☐ Portuguese translations if required.	☐ Birth registration and CPF, Brazil's taxpayer identification number.
☐ Passport and consular steps connected to the parents' nationalities.	☐ Possible residence options only after consultation with a qualified immigration professional.

Safe wording

BabyInBrazil does not promise automatic citizenship for parents, a passport, or residence status. The team can help explain the process, prepare documents, and coordinate consultations with qualified professionals.

What family support may include

Good coordination should reduce uncertainty rather than pressure a family into a sale. The family should see who is responsible at each stage and which decisions remain with the doctor, official authority, or the family itself.

Doctor and medical care Coordination with qualified professionals, prenatal planning, tests, maternity hospital, and birth plan.	Birth support Preparation, doula support, translation, partner participation, and calm communication.
City and daily life Housing, transport, clinics, pharmacies, shopping, and adapting to Portuguese.	After birth Pediatric care, feeding support, the mother's recovery, and the first days at home.
Documents Birth registration, CPF, translations, passport, and consular steps.	Legal coordination Arranging consultation with a qualified professional without promising an outcome.
WhatsApp communication Clear answers, reminders, and routing questions to the responsible specialist.	Backup planning Alternative steps if the medical plan, birth timing, or document schedule changes.

What to check before signing an agreement

The exact services included, limits of responsibility, refund terms, third-party professionals, payment of medical expenses, and how emergencies are handled.

Your personal plan: what to send on WhatsApp

To help the team understand your situation, send a short message with the key details. This allows the conversation to move from generic information to a route designed for your family.

☐ Mom's and dad's citizenships.	☐ Current country and city of residence.
☐ Estimated due date.	☐ Current pregnancy week.
☐ Whether this is the first baby or there are older children.	☐ Previous caesarean birth, complications, or important medical history.
☐ Preferred city: Florianópolis, São Paulo, Rio de Janeiro, or not yet decided.	☐ Documents already available and documents that may need preparation.
☐ When the family could travel to Brazil.	☐ Whether housing, translation, doula support, documents, or postpartum support are needed.

Message example

Hello BabyInBrazil. We are considering giving birth in Brazil. Parents' citizenships: _____. We currently live in _____. Estimated due date: _____. Pregnancy week: _____. We would like to understand the city, doctor, documents, estimated budget, and timing. Please help us build a personal plan.

Mini decision map

Question	What to clarify
City	Where the mother can feel calm before and after birth.
Doctor	Who leads prenatal care and how communication is organised.
Birth	Birth scenarios, maternity hospital, partner, doula, and translation.
After birth	Pediatric care, feeding, the mother's recovery, and help at home.
Documents	Birth registration, CPF, passport, consular, and legal steps.

Final family checklist

It is normal to worry about the flight, language, documents, maternity hospital, and the first nights with a newborn. The decision should be made after checking the medical, practical, and document plan - not only because of emotion or a beautiful website.

Before the flight

☐ The doctor has confirmed whether flying is medically appropriate and supplied required documents.	☐ Airline and entry rules have been checked.
☐ Housing and transport to the clinic have been arranged.	☐ Original documents and secure backup copies are ready.

Before birth

☐ The doctor's contact and maternity-hospital address are known.	☐ Primary and backup birth scenarios have been discussed.
☐ The roles of partner, doula, and translator are clear.	☐ The hospital bag and emergency-contact list are ready.

After birth

☐ A pediatric examination has been planned.	☐ Feeding support and help with the mother's recovery are available.
☐ The process for birth registration and CPF is understood.	☐ Enough time has been left before the return flight.

First step

Describe your situation through the form or WhatsApp on BabyInBrazil.com. Before paying for services, request a written list of what is included and verify medical and legal questions with qualified professionals.

Disclaimer and official sources

This guide is for informational purposes only and is not medical, legal, or immigration advice. Pregnancy, birth, citizenship, documents, and residence depend on medical circumstances, nationality, family status, the document set, and the requirements of official authorities.

Before making decisions, consult qualified medical and legal professionals. Before submitting documents, verify current requirements directly on official government websites.

Official sources for verification

Constituição da República Federativa do Brasil, art. 12

Brazilian Constitution. Article 12 defines Brazilian nationality by birth. In general, a child born in Brazil is Brazilian; a specific exception applies when foreign parents are serving their own country.

Open the official source: planalto.gov.br

Polícia Federal — Obter Autorização de Residência

Federal Police information about residence-authorisation procedures. The legal basis, timing, and document list depend on the applicant's circumstances.

Open the official source: gov.br/pf

Polícia Federal — Formulários de autorização de residência

Official forms for residence applications, including family-reunification routes. Always confirm the latest form and supporting-document list before filing.

Open the official source: gov.br/pf

Receita Federal — Meu CPF

Official CPF information. There is no minimum age: a CPF can be issued for a newborn. The practical procedure depends on where and how the application is submitted.

Open the official source: gov.br/receitafederal

Before contacting an authority

Check the current requirements, prepare translations and legalisation where needed, keep proof of submission, and avoid non-refundable travel commitments until realistic document-processing times are understood.