

BeING · BE GLOBAL

GIVING BIRTH IN MEXICO

A practical guide for families
considering giving birth
in the Riviera Maya



Where to start

Giving birth abroad feels more manageable with a plan. Start by discussing these four questions as a family.

What are your goals?

Give birth and get your baby's documents, apply for permanent residency as parents, explore future naturalization, or make Mexico your long-term home?

What birth experience do you want?

Vaginal birth or a C-section, a partner present, or support from a doula. Discuss home or water birth with your doctor, taking your health and an emergency care plan into account.

Who will be there with you?

Your partner, older children, or loved ones. Who can come, for how long, and who will help after the baby arrives?

What budget works for you?

Set a budget for the whole trip, plus a separate reserve for extra costs and changes to your plans.

What this means for your family

Your baby: Mexican by birth

A child born in Mexico is Mexican regardless of the parents' nationalities. Mexico allows people who are Mexican by birth to hold another nationality; citizenship through a parent depends on that country's laws.

Mexican Constitution: Arts. 30(A)(I), 37(A)

Parents: permanent residency

Parents named on the birth certificate can apply for permanent residency through their Mexican child, without first holding temporary residency. Applications and supporting documents go to INM.

Migration Law: Art. 54(VI) · INM requirements

Later: possible naturalization

After two years of qualifying legal residence in Mexico immediately before applying, parents may apply for naturalization. Citizenship, followed by a passport, requires meeting the legal conditions and receiving approval.

Nationality Law: Art. 20(I)(b) · SRE procedure

Let's plan your trip, step by step

1 A free first conversation

We'll discuss your goals and timing, estimate an initial budget, and work out what support your family needs.

2 Your doctor, hospital, and support

We'll help you choose a doctor, hospital, and a doula if you'd like one. We'll clarify birth options, the language used, and what medical services are included.

3 Housing and daily life

We'll consider travel time to the hospital, transportation, everyday comfort, space for loved ones, and what your baby will need at home.

Time for yourself. We arrange prenatal and postpartum yoga, guided by your doctor's recommendations.

What goes into the total cost

Your budget depends on the doctor, hospital, length of stay, and services you choose. We'll estimate it for your situation.

Medical care. Appointments, tests, hospital care, medical fees, anesthesia, and care for your baby.

Housing and daily expenses. Rent, a security deposit, utilities, food, and baby essentials.

Transportation. Flights, transfers, and rides to appointments.

Paperwork. Government fees, translations, apostilles, and consular procedures.

Optional support. A doula, interpreter, yoga, and other services.

BeING support starts at USD 2,000.

Medical care, housing, transportation, government fees, and third-party services are paid separately.

We'll agree on the scope and quote in advance. Include a reserve for additional expenses in your overall budget.

What to check before you fly

Passports and entry requirements

Which visas or permits you need, including for countries where you have a layover.

Family documents

Which civil records you need, and whether they require an apostille or legalization and a translation.

Medical preparation

Medical records, test results, and doctor contacts. Discuss when to fly with your doctor and check airline policies.

Your stay

Housing, arrangements with your doctor, funds for the trip, and your return travel plan.

Time after the birth

Allow extra time for recovery, appointments, and your baby's paperwork.

At the border, explain the true purpose of your trip. INM decides whether to grant entry and how long you may stay.

[Residency through your child: INM requirements](#)

After your baby arrives

1. Register the birth

Get the medical birth certificate, then register the birth with Registro Civil to obtain your baby's Mexican birth certificate.

2. Get your baby's documents

Apply for a Mexican passport using the birth certificate and other documents required by SRE. Check the CURP; arrange an apostille and consular procedures if needed.

[Passports for children: SRE requirements](#)

3. Apply for residency as parents

If you plan to apply for permanent residency, prepare separate INM applications based on your relationship to your child.

Over 150 destinations without a prior visa, according to Henley.

The index includes visa-free entry, visas on arrival, and electronic travel authorizations. Check entry rules before every trip.

[Current Henley rankings](#) · [How the index works](#)

Prefer to organize it yourself?

Planning consultation

USD 150

A one-time, in-depth discussion of your trip. Available on its own, with no support package required.

We'll go over:

- which documents to prepare before traveling and what you'll need after the birth;
- how to prepare for entry and border checks in line with immigration rules;
- how to find a doctor, hospital, doula, and prenatal yoga classes;
- what you can arrange yourself and the order in which to take each step.

Would you like us to coordinate?

Our basic package starts at USD 2,000. We agree on the scope and terms to suit your plans.

Let's talk about your plans

I'm Mila, the founder of BeING. I help families with planning, local services, and paperwork in the Riviera Maya.

Start with a free consultation

We'll talk by phone about your plans, an estimated budget, and the help you need, so you can decide whether this option works for your family.

Send me your due date, the parents' nationalities, who will be traveling, and your main questions.

Request a free consultation

WhatsApp: +52 55 2343 8711
beinging.com

The free call helps us understand your needs. A detailed preparation plan is covered in the separate USD 150 consultation.

Updated September 29, 2026. Links to laws and procedures are clickable. Current requirements and timelines are reviewed for your situation.