

Thriving After Baby's Birth

Caring for Mothers



Nearly 57%

of U.S. mothers did not attend a postpartum follow-up visit three to eight weeks after giving birth.

The postpartum period—the weeks following birth—is a joyful and exciting time for mothers. It is a time of transition from pregnancy to motherhood and a critical time for mothers and their babies.

Attending your regular checkups and listening to your body during this period is critical for both you and your baby's health. And when you take care of yourself, you are able to better care for your new baby.

Attend Your Postpartum Checkups

Your postpartum visits will focus on addressing the many changes experienced by motherhood, both physical and mental—it ensures your long-term health and well-being. Without proper care, preventable complications may progress into serious health risks.

Your postpartum care may focus on:

- monitoring your recovery after childbirth
- addressing any complications that may have occurred during pregnancy
- chronic disease management
- nutritional guidance for mothers and baby
- breastfeeding support
- mental health screenings and emotional support
- family planning and reproductive health guidance
- referrals and supportive services

Additional Resources

Health Department's Maternal Child Health Program:
www.bit.ly/ffx-mch

National Maternal Mental Health Hotline:
 1-833-TLC-MAMA

WIC Nutrition Program:
www.bit.ly/3ChFh79



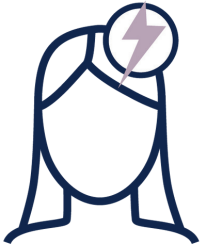
Learn more about postpartum warning signs and access resources:

www.bit.ly/4rdvRgT

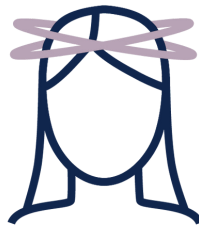


Urgent Postpartum Warning Signs

If you experience any of these urgent postpartum warning signs, get medical care immediately. These symptoms could be a sign of a life-threatening condition.



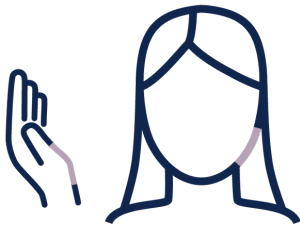
Severe headache that won't go away or gets worse over time



Dizziness or fainting



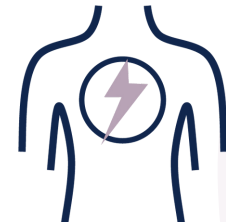
Thoughts about harming yourself or your baby



Extreme swelling of your hands or face



Fever of over 100.4 F or higher



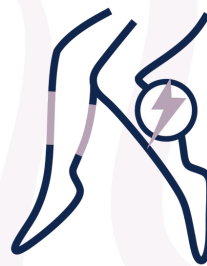
Chest pain or fast-beating heart



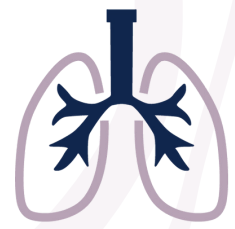
Heavy vaginal bleeding or leaking fluid that smells bad after pregnancy



Severe belly pain that doesn't go away



Swelling, redness or pain of your leg



Trouble breathing



Severe nausea and throwing up (not like morning sickness)



Overwhelming tiredness



Changes in your vision