What no one talks about postpartum...

Remember, everyone's postpartum reality is different.

Hair Loss

PPD: Postpartum Depression

Hormonal Swings

PPA: Postpartum Anxiety

Skin and Body Changes
Post-partum myths

SET BIG GOALS FOR YOURSELF
Having big-picture goals is great, but it’s important to set smaller, consistent goals for yourself that will help you get there.

YOU CAN DO IT ALL, WITHOUT FAIL!
Identify your support system. Resources to aid in post-partum maternal healthcare include: Perinatal mental healthcare through nonprofits such as Northshore Child & Family Guidance Center.

NO TIME OFF
It is so important to take care of YOU! Identify any self-care practices that will fit into your lifestyle. Once you identify your support system, it is okay to ask for help!
Fourth trimester tips

- Advocacy for Yourself
  - What do I ask my doctor?
    - Be firm and ensure your concerns are not being minimized
  - Do not be afraid to ask for referrals!
    - (Pelvic floor therapist, psychotherapist, occupational therapist, etc!)

- Outreach to a trusted OBGYN
  - Ensure that your care is prioritized
  - Listen to your gut: your concerns should be validated. If they are not, trust yourself!
  - Advocate, advocate, advocate!

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