

What no one talks about postpartum...

REMEMBER, EVERYONE'S POST PARTUM 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.

FOLLOW:

@POSTPARTUMSTRESS

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

• ADVOCATE 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!

FOLLOW:

@POSTPARTUMSTRESS

#QUALITYCAREMATTERS

#QUALITYCAREMATTERS