

## The purpose of these tools

Most patients receive a lot of forms and handouts during their birth journeys. The 4th Trimester Project has developed one-page health information sheets for birthing parents and infants to help prioritize content that is most important. There is information about self-care and recovery from the Taking Care of YOU booklet. Consistent with the AWHONN Post-Birth Warning signs, this health information sheet document lists and categorizes symptoms to indicate urgency and direct individuals to receive timely, risk-appropriate care.

**Both one-pagers are available in English and Spanish.**

## Birthing Parent Health 1-Pager

This document outlines important maternal health warning signs. Talk through the warning signs with the patient and their companions, pointing out the different categories. Suggest that patients place the document at home in a central location (e.g., the refrigerator) so that they and others can refer to the content throughout their pregnancy and postpartum periods. Familiarity with the warning signs is critical.

## New Baby Health 1-Pager

This document outlines important care information for a new baby, including information about who to call for an urgent issue, warning signs that need to be addressed with a provider, and tips to keep baby safe and clean at home.

## How to use this tool

### Reference these 1-pagers at multiple checkpoints

Suggest that patients bring the birthing parent and infant health information documents to their postpartum appointment(s). The patient and healthcare team member can look at the pages together to discuss. Some clinics are using these forms during prenatal and postpartum visits as a way to educate about the postpartum period.

## Special Considerations

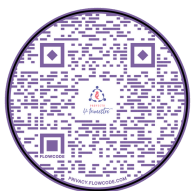
This tool is appropriate for all families, including those in the NICU.

*\*NewMomHealth.com has a dedicated section for NICU parents with additional information.*



## When to give this tool

A good time to offer these 1-pages might be during 3rd trimester prenatal visits, postpartum appointment, during pediatric "pre-visits" and/or at hospital discharge.



For more information, go to  
**NewMomHealth.com**  
and **SaludMadre.com**

## Resources

For links to resources listed in this toolkit, follow the QR code.

