

The purpose of the toolkit

To prevent maternal mortality, morbidity, and for more justice and joy, it is important for patients and their families to learn about postpartum during pregnancy. This gives them time to process the information, ask questions and plan for safety, health, and family care. There is a lot going on after childbirth. It is not possible for patients to recover from birth, interact with many healthcare team members, care for their newborn and learn warning signs and who to contact for their symptoms. Postpartum is the time for reminders, direct support and tailoring plans.

The materials are intended for patients to access:

- During prenatal care,
- Through community programs,
- From supports including doulas,
- During inpatient and outpatient postpartum care.

Toolkit materials are available in English and Spanish.



What is in the toolkit

These materials are bundled into two groupings: 1, preparing a birthing parent and 2, advancing clinical care

Preparation for Postpartum

Healthcare Appointment Guide
Taking Care of You Booklet
Birthing Parent Health 1-pager
Baby Health 1-pager
Postpartum Planning Guide
Birth Control After Baby Booklet

Quality Postpartum Care

Postpartum Visit Checklist
Postpartum Visit Tips
Postpartum in Practice Bulletin
Postpartum Billing and Coding Guide
Text Message List
Postpartum Care Planning Guide



How to use the materials

A cover sheet for each of these tools offers suggestions of why, when, and how to introduce these materials to patients and their family members. Materials are free, open-access, and available for order at NewMomHealth.com for non-commercial purposes.



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

Resources

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

