

## The purpose of this tool

The postpartum visit checklist serves as a guide for birthing parents and their healthcare team to tailor their postpartum visit to their unique postpartum needs. The postpartum visit checklist serves both as a tool for the healthcare team to facilitate the postpartum visit and a means through which birthing parents can identify their specific postpartum needs.

The checklist includes open space for a parent to fill in what they want to talk about, what is going well, questions or concerns they have, and prompts to select if they want details surrounding health topics, such as physical recovery, self-care and staying well, infant feeding and care, and family planning.

**Postpartum Visit Checklist is available in English and Spanish.**

## How to talk about this tool

Potential words to introduce this tool in practice:

If there is something you are wondering about, do not feel embarrassed! Your healthcare team has heard it all and is here for you.

Attention is often focused on the new baby, so mothers' needs can be overlooked. You matter. Let's talk about YOUR experience and YOUR needs.

It is important that you are here! I want to listen to how it is going for you, and what questions or concerns we can discuss today. This checklist has some prompts to help us get started.

## Special Considerations

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

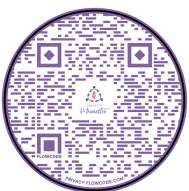
*\*NewMomHealth.com has a dedicated section for NICU parents with additional information.*



## When to give this tool

This checklist can be used during any clinical interaction in the postpartum period to support connection with new parents and a provider / care team.

If possible, provide the checklist prior to the postpartum visit appointment. This gives birthing parents time to think about their top questions. Review the completed checklist with the patient, discussing what concerns them most first.



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

## Resources

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

