



CARING FOR *New Moms*

Mom-positive postpartum recovery and self-care resource hub. Expert-written, birthing parent-designed 4th trimester support and guides.

Self-care

Building My Village

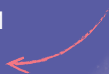
Baby Care

Mama Stories

Meeting New Moms

Getting Help

NEWMOMHEALTH.COM
SALUDMADRE.COM



POSTPARTUM RESOURCE FOR *care workers and health teams*

Clinical tools, trainings, materials, guides, and patient education. Free, evidence-based, open-access materials to improve care for birthing families.

Postpartum Planning Guide

Taking Care of You booklet

Birth Control After Baby booklet

Postpartum in Practice bulletin

Visit Checklist

Postpartum Care Plan



NEWMOMHEALTH.COM/HEALTHCARE



SUPPORT *New Moms*

And make sure she gets the care she needs.

Some health problems during pregnancy and after childbirth can be life-threatening and can happen up to a year after you have a baby.

Mom, here are some symptoms that are urgent:



Go to emergency care or call 911. Tell them you're pregnant or gave birth.



Suddenly very tired or weak.



Difficulty breathing and/or chest pain



Severe headache and/or changes with vision.



If your blood pressure is higher than 160 (top number) or 110 (bottom number).



Extremely worried all of the time.



See or hear things that other people don't.



Thoughts of harming yourself or others.



Dizziness, disorientation, fainting, or seizures.

Learn more about urgent maternal warning signs and postpartum care at newmomhealth.com/hear-her.



Call your health provider. Don't wait for office hours. If you can't reach someone, call 911.



Soak through one or more pads in an hour.



Clots bigger than an egg or you pass tissue.



Headache that won't go away or gets worse over time



Severe pain that doesn't go away, such as in chest or belly.



Fever of 100.4 F or more. Unable to drink for 8 hours or unable to eat for 24 hours.



Bad smells (fluid, wetness) smells bad.



If your blood pressure is equal to or higher than 140-159 (top number) or 90-109 (bottom number).



If you had a c-section, your incision is open, red, oozing, does not seem to be healing, or pain is not managed by medication.

You matter.

Find support, free resources, and more at:
NEWMOMHEALTH.COM

