

# AFTER YOU HAVE THE BABY

## THREE WAYS TO STAY SAFE & HEALTHY

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### SIX-WEEK POSTPARTUM CHECKUP IS IMPORTANT

If you haven't already, schedule your six-week postpartum checkup with your provider. Your postpartum visit provides an opportunity to assess how your body is healing and discuss any concerns you have. Also, you can finalize your family planning (birth control/choice) options, and help ensure you're healthy! **Taking care of yourself is the first step to caring for your baby.**

### PLAN YOUR FAMILY SIZE-YOU HAVE CHOICES

Did you know? **It's best to wait at least 18 months after giving birth before getting pregnant again.** Having babies close together increases the risk of pregnancy complications and delivering preterm (birth before 37 weeks). Preterm birth is the leading cause of infant death in the U.S. before baby's first birthday. **Your postpartum checkup is a great time to finalize your family planning (birth control/choice) options.**

### MENTAL HEALTH & WELLBEING

**Sometimes, new mothers do not feel well after they deliver. That's okay!** It's important to recognize the signs and symptoms of postpartum depression. It's okay to ask for help! Your partner, friends, family, and support network should also be aware of the following signs, so they can help if needed.

### SIGNS & SYMPTOMS OF POSTPARTUM DEPRESSION

**Symptoms are most common in the first few weeks** after birth, but they can occur anytime within the first year.

- Feelings of sadness and anxiety
- Sleeping a lot or too little
- Eating too less or too much
- Unexplained aches, pain or illness
- Anxiety, irritation or anger for no reason
- Sudden mood changes
- Poor concentration
- Difficulty in remembering things
- Feelings of worthlessness, guilt and hopelessness
- Recurrent thoughts of death and suicide
- Lack of pleasure in things that were previously enjoyable
- Feeling disconnected with the baby



### IN CASE YOU NEED HELP, CONTACT:

- **Call 988** - Suicide & Crisis Lifeline for free and confidential support 24/7 **if you or someone you know is in crisis**
- Your provider
- Your insurance/health plan for a referral to a postpartum specialist
- California Health Collaborative in your county: [HealthCollaborative.org/programs/mentalhealth](https://HealthCollaborative.org/programs/mentalhealth) or Phone: (559) 221-6315