



## Passport to Maternal Health: Thrive Postpartum

Name: \_\_\_\_\_



Answer these questions as you go through the virtual educational exhibit to reinforce your learning.

### Exhibit 1: Birth and Transition

List any health assessments and considerations that you want to discuss with your healthcare provider.

Baby: \_\_\_\_\_

Mother: \_\_\_\_\_

### Exhibit 2: Breastfeeding Your Baby

The American Academy of Pediatrics recommends breastfeeding exclusively for the first \_\_\_\_ months. Think through ways that you can integrate breastfeeding into your life during the postpartum period to achieve this recommendation. If unable to breastfeed for the recommended period or to breastfeed at all, note how you plan to nourish your baby.

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### Exhibit 3: First Year Medical Visits for Baby

Make sure you have your pediatrician visits scheduled with your healthcare provider so that you can ensure your baby is tracking well. Date you will call healthcare provider's office to schedule baby's first year medical visits \_\_\_\_\_.

### Exhibit 4: Emotional Changes and Postpartum Depression

Take note of your mental health to determine if you are experiencing maternal or paternal postpartum depression. Devise a plan to ensure you are doing OK emotionally and what steps to take if you need assistance.

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### Exhibit 5: Postpartum Family Planning

List contraception options that you will consider before resuming sexual activity.

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### Exhibit 6: Healthy Lifestyle Postpartum

List areas of healthy lifestyle practices that you will focus on postpartum.

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## **Exhibit 7: Physical Activity Postpartum**

Exercises that heal perineal tissue and pelvic muscles after childbirth are called \_\_\_\_\_ . List the exercise activities you plan to start after your body begins to heal and you regain your strength.

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## **Exhibit 8: Managing Stress with a Newborn**

List the areas you will need to focus on to help you manage stress with your new baby.

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## **Exhibit 9: Sleep for You and Your Baby**

List some tips that will help your baby sleep well during the night so that you can sleep well.

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## **Exhibit 10: Postpartum Nutrition and Supplement Guidelines**

List ways you can healthfully consume the calories you need to support your body as it heals and nurture your baby while you breastfeed.

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## **Exhibit 11: Foods to Avoid While Breastfeeding**

Which foods on this list do you typically consume that you will be aware of avoiding if your baby shows food sensitivity to what you are eating.

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## **Exhibit 12: Healthy Hydration While Breastfeeding**

If you are breastfeeding, list ways you will hydrate healthfully to ensure you are consuming enough water and other healthy liquids and time your caffeine and alcoholic beverages.

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### **Exhibit 13: Childcare Decisions**

List the childcare options that you might consider and their pros and cons for your family.

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### **Exhibit 14: Transitioning Back to Work**

Think through your return-to-work plan. What is your ideal return to work date: \_\_\_\_\_. List ways to make your transition back to work easier for you and your family:

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### **Exhibit 15: Breastfeeding After Returning to Work**

Think about your goals for continuing to breastfeed when you return to work and list things you will need to do to ensure your success.

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