



Your Guide
to Life After
Delivery

Start Smart
for Your Baby.

Congratulations on the birth of your baby! We hope you find this book useful as you begin to care for your baby and recover from delivery. As a reminder, we also provide the following:

- **A 24-hour nurse advice line.**
- **Breastfeeding support and resources.**
- **Help obtaining a breast pump.**
- **Assistance if you are experiencing feelings of depression or anxiety.** (Contact us for support if you feel sad, overwhelmed or “down,” or are thinking about harming yourself or others.)
- **Methods to help you decrease or stop smoking, drinking alcohol, or using drugs.**
- **Weekly text and email programs, if offered by your plan.**
- **Over-the-counter medicines that may be available at no cost to you.** (Ask your doctor or call us for more information.)

Visit your health plan website for more information!

Fill in your doctor’s and baby’s doctor’s information here for easy reference:

Your Doctor’s Name

Your Doctor’s Phone Number

Your Baby’s Doctor’s Name

Your Baby’s Doctor’s Phone Number

Postnatal | Resources for You and Your Baby

Support for You

- Are you feeling sad, irritable, hopeless, or worried more often than not? You’re not alone. Call the National Crisis Hotline at **1-800-273-TALK (8255)**.
- If your relationship is causing you to question your safety or the safety of your baby, call **1-800-799-7233**.
- Visit AllianceforPeriodSupplies.org to find organizations dedicated to making period products accessible in their communities.
- Visit ChooseMyPlate.gov for tips on healthy eating!

Breastfeeding Support

- You may have a lactation consultant available to you! The International Lactation Consultant Association can also help you find a specialist in your area! Visit ilca.org and select the “Find A Lactation Consultant” option.
- For tips on breastfeeding, like pumping and storing milk, visit WomensHealth.gov/breastfeeding.

Community Resources

- We may be able to help you get a ride to your healthcare appointments. Just call us!
- If you need help with childcare, call Child Care Aware at **1-800-424-2246** to find out your options.
- Diapers are expensive, but you need them to keep your baby clean and healthy. Visit NationalDiaperBankNetwork.org to find a diaper bank partner near you.
- WIC can provide you with free and healthy food, nutrition education, and screenings/referrals to other health services. They also provide formula for babies, breast pumps, and other breastfeeding resources. You can call the National Hunger Hotline at **1-800-548-6479** or talk to your doctor, local health department or health plan to find out more about WIC. You can also visit feedingamerica.org/find-your-local-foodbank to find a food pantry near you.
- Farmers markets are great for finding affordable healthy food while supporting your community. Some even accept SNAP benefits! Visit AMS.USDA.gov/local-food-directories/farmersmarkets to find a market in your area.
- Public libraries are a great place to spend time with your baby, and they’re free! Visit <https://librarytechnology.org/libraries/uspublic> to find one in your community.

Reproductive Health Options

- Your sexual health is more than just choosing when or if you get pregnant again. Visit Gettested.cdc.gov to find free, fast, and confidential testing near you.
- Visit Bedsider.org/methods or the Title X Family Planning Clinic Locator at opa-fpclinicdb.hhs.gov/ or to find clinics, resources, and support for low-cost (or free!) birth control.

Support for Decreasing Substance Use

- If you are concerned about how your medications can affect breastfeeding, talk to your doctor or call MotherToBaby for more information at **1-866-626-6847**.
- If you are trying to quit smoking and are having trouble, ask for help. Call the Quit Smoking Hotline at **1-800-QUIT-NOW (1-800-784-8669)**. Or text **MOM to 222888** to sign up for a text program specially designed to help those who are pregnant quit smoking.
- If you are trying to decrease or stop alcohol or substance use, there’s help available.
 - › National Council on Alcoholism and Drug Dependence (**1-844-289-0879**)
 - › Federal Substance Abuse and Mental Health Services Administration’s Treatment Referral Routing Service (**1-800-662-4357**)

Visit your health plan website for tips on how to care for your baby!

You can learn more about:

- Helping baby sleep through the night
- Swaddling safely
- Lead testing for your home and water
- Tummy time tips and tricks
- Baby-proofing your home
- Taking your baby’s temperature correctly
- Vaccinations
- Car seat safety
- And more!

Contact us to sign up for weekly emails and/or texts about caring for your newborn baby.

Worried about healthcare coverage? Visit HealthCare.gov to learn about your options.