

TITLE CARD:

Parental Health
Healthy Parents after Birth

VOICE OVER:

You may find that when you bring your baby home, you spend all of your time and energy caring for them and making sure they are fed, changed, sleeping, and happy. With all of your attention going to your baby, it can be easy to forget about you—the parents. But it is just as important to look after yourself, to make sure you are happy and healthy, and to get help if you need it.

ART CARD:

[Healthy Parents After Birth
Health Mom After Birth]

VOICE OVER:

Whether you had a vaginal birth or c-section, it will take some time to recover. Take care of yourself and contact your doctor if you have any concerns.

ART CARD:

[Question:
When should I see my doctor?]

VOICE OVER:

Your baby should be seen in a clinic 2-3 days after leaving the nursery. It is also very important for you to be seen within three weeks after delivery. What to expect at the visit - you are going to discuss the healing process, feedings of the baby, and birth control options. It is important to ask your doctor questions during this visit. And if you have any symptoms that you think are unusual, please contact your doctor immediately.

ON SCREEN TEXT:

Dr. Alejandro Clavier MD
Esperanza Health Centers

ART CARD:

[Healthy Parents After Birth
Caring for Yourself After Birth]

VOICE OVER:

After birth, you will need to limit some of your activities and take some time to heal. Here are a few ways to make the healing process go as smooth as possible:

Rest as much as possible, take frequent naps, drink lots of water and eat fruits and vegetables. And it's okay to limit visitors. It's okay to walk, but do not exercise until your doctor has given you permission to do so.

ON SCREEN TEXT:

CARING FOR YOURSELF AFTER BIRTH

Rest as much as possible.

Take frequent naps and limit visitors.

Drink water and eat a healthy diet.

Do not exercise until your doctor has given you permission.

VOICE OVER:

It is also important not to carry anything heavier than your baby for the first week or two. And for the first six weeks, go on pelvic rest – so no sex, no tampons.

ON SCREEN TEXT:

Caring for yourself after birth

If you had a c-section, don't carry anything heavier than the baby for the first week or two

For the first six weeks, go on pelvic rest.

ART CARD:

[Healthy Parents After Birth
Postpartum Depression]

VOICE OVER:

After birth, your body will go through many changes. Even though this is the happiest time of your life, it is very normal to feel down or depressed after birth. Bringing a new baby and not getting enough sleep can have a big impact on your mental health. For most people, these feelings only last about a week or so. It's important to rest, eat well, drink water, and take some time for yourself. Taking care of yourself will help you better care for your baby.

ART CARD:

[Question:
When should I get help?]

VOICE OVER:

If you are feeling down and it's lasting longer than one week or it's getting worse, or if you are worried that you may not be able to care for you or your baby, please ask for help. Call your provider, call the 24/7 Mom's line for help at any time. If you have any thoughts of harming your baby or yourself, please seek immediate help at your nearest emergency department. Remember, there's nothing wrong with getting help.

ON SCREEN TEXT:

CARING FOR YOURSELF AFTER BIRTH

Call the MOMS 24/7 Hotline:

866-364-MOMS (6667)

ART CARD:

[Healthy Parents After Birth
Healthy Partner After Birth]

VOICE OVER:

It may feel like dads and partners are left out of the conversation when it comes to caring for babies, but your relationship with your baby and your own self-care is very important.

ART CARD:

[Question:
What role do dads and partners play?]

VOICE OVER:

Research shows that babies benefit from dads and partners being involved in many ways: more secure bonding and attachment, improved language development, better coping skills, and even doing better when they get to go to school.

ON SCREEN TEXT:**INVOLVED DADS INCREASE:**

More secure bonding and attachment

Improved language development

Better coping skills

Eventually doing better in school

VOICE OVER:

Dads and partners play a very important role in helping with your baby. As an example, they can help support your feeding, caring for the baby, and helping adjust to being a parent. The more involved dads and partners are when the baby is first born, the more involved they will be later in the baby's life.

Don't forget to take care of yourself. Dads and partners can also experience postpartum depression. If you're feeling sad, lonely or like you need any help, please talk to someone -- friends, family, doctors and community resources are all there to help you.

CLOSING ART CARD:

One

Chicago

Family

A trusted health resource for all Chicago families.