



Postpartum Checklist

- Make appointments
 - For you:
 - » between 1-3 weeks postpartum (if needed)
 - » between 4-8 weeks postpartum
 - For the baby: within one week of life

- Add the baby to your insurance

- Go to newmomhealth.com for great resources

- Connect with a lactation consultant if needed:
<http://dcbfc.org/pdfs/dcbguide2015-English-rev5-web.pdf>

- Consider Postpartum pelvic floor physical therapy- discuss with your provider