

Be active- to have more energy and manage stress!

Once your health care provider says it is safe for light exercise, start moving slowly. Slowly increase your active time until you are moving at least 20 to 30 minutes a day, most days of the week.



Light exercise can relieve stress and help you sleep better. Take a walk, try yoga or dance to music!

You and baby need sleep.

Sleep when your baby is sleeping. It is normal for bobbies to wake up many times at night! *Your baby is safest when they sleep on their back in a crib.*

Tell others how they can help.

Let them run errands and do housework. Accept offers of meals from others.

Baby blues or depression?

Many parents have some baby blues after childbirth.

You might feel sad or upset, or have some crying spells for a few days after your baby is born.

This is normal. Talk about your feelings with someone you trust. **If the symptoms do not go away in 2 weeks or get worse**, you may have postpartum depression.

Other signs of depression:

- feeling anxious or panicky
- being more irritable or angry
- problems with eating or sleeping
- feeling like you might hurt your baby or yourself

Talk to your health care provider about ways to treat depression.

Get help right away.

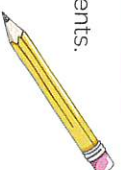
If you have thoughts of hurting yourself or your baby, call your doctor or '988' for the Suicide & Crisis Lifeline network.

Additional information and support is available:

Postpartum Support International
Phone: 800-944-4773
or www.postpartum.net

Schedule and keep medical appointments.

Things to discuss with
my health care provider:



It's a busy time as you care for your baby. It's important to take care of yourself too.



Eat healthy, be active and get support to help you:

- have energy
- feel good, mentally and physically
- recover after childbirth
- cope with stress

Get help with breastfeeding support, if needed.

Talk with your lactation consultant or health care provider.



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Have a healthy eating style.
Get the nutrition you need.



You may experience some appetite changes.
If you have a loss of appetite or feel hungry all the time, eating small amounts often through the day may help.

Most new moms need about these amounts each day:



*This is a general plan.
You may need more or less than this plan.*

Get folic acid every day.

If you could become pregnant, take a multivitamin or prenatal supplement with 400 mcg (100% DV) of folic acid each day to prevent possible birth defects.

Keep foods on hand that
make a healthy choice easy.

vegies and fruits:

- ☐ precut veggies like cauliflower, baby carrots and broccoli
- ☐ fresh fruits like apples, oranges, bananas, grapes and pears
- ☐ ready to serve packaged salads
- ☐ canned and frozen vegetables ready to heat and serve



grains:

- ☐ whole grain crackers
- ☐ whole grain breads and tortillas
- ☐ whole grain pasta, brown rice and oatmeal
- ☐ whole grain, low sugar cereals like bran cereal or shredded wheat squares



protein foods:

- ☐ canned tuna or chicken
- ☐ black or pinto beans
- ☐ lean deli meats like turkey and roast beef
- ☐ nuts
- ☐ peanut butter or other nut butters
- ☐ eggs



dairy:

(choose low fat or fat free)

- ☐ yogurt
- ☐ milk
- ☐ cheese sticks
- ☐ cottage cheese



Choose healthy beverages.

Water is the best choice for thirst.
Have milk with meals.

Easy meal or snack ideas:

- Enjoy a **bowl of cereal** with low fat milk. Top with berries or sliced banana.
- Make a **sandwich** with whole wheat bread, deli turkey and lettuce, avocado and tomato slices.
- Top prepackaged mixed greens with canned chicken and grapes or strawberries for a **quick salad**.



- Dip whole wheat crackers in hummus, plain yogurt and chopped tomatoes and cucumbers.
- Layer vanilla yogurt, strawberries and granola for an easy **yogurt parfait**.
- Try a hard-boiled egg with a slice of toast and orange juice.
- Snack on precut veggies, whole grain crackers and cheese sticks.

Problems with constipation?

Stay active and eat more foods with fiber like fruits, vegetables and whole grains. Drink more fluids, especially water. *If constipation lasts for more than a few days, talk with your health care provider.*



Tips for Breastfeeding Moms

Making healthy food choices along with regular physical activity will keep you healthy while you breastfeed.

Find Your Healthy Eating Style

Choose a variety of foods and beverages to build your own healthy eating style. Include foods from all food groups: fruits, vegetables, grains, dairy, and protein foods.

The amount and types of food you eat is an important part of a healthy eating style. Before you eat, think about what and how much food goes on your plate or in your cup, bowl, or glass.

Making Healthy Food Choices

- Make half your plate fruits and vegetables. Choose fresh, frozen, canned, dried, and 100% juice. Include dark-green, red, and orange vegetables; beans and peas; and starchy vegetables.
- Make at least half your grains whole grains. Try oatmeal, popcorn, whole-grain bread, and brown rice.
- Move to low-fat or fat-free milk, yogurt, or cheese. Fortified soy beverages also count.
- Vary your protein routine. Choose seafood, lean meats and poultry, eggs, beans and peas, soy products, and unsalted nuts and seeds.
- Use the Nutrition Facts label and ingredients list to limit items higher in sodium, saturated fat, and added sugars. Drink water instead of sugary drinks. Choose vegetable oils instead of butter.



Doctors Recommend:

Your Baby's First Food






- Doctors recommend feeding only human milk (commonly referred to as breast milk) for the first 6 months. Continue breastfeeding in addition to solid foods until your baby is at least 1 year old.
- Breastfeeding helps form a special bond with your baby.
- Human milk helps protect your baby from illness.
- Breastfeeding is also good for you. It may help lower your risk for type 2 diabetes, and breast and ovarian cancers.

What About...?

- Talk with your doctor before taking any medicine (both over-the-counter and prescriptions), herbal or dietary supplements, or drinking alcohol or caffeine.
- Keep your baby away from smoke. Don't let anyone smoke around your baby.

Daily Food Checklist

The Checklist shows different amounts of food depending on how much of your baby's diet is human milk. Moms who feed only human milk to their baby need slightly more food. This is a general checklist. You may need more or less amounts of food.*

Food Group	Breastfeeding only	Breastfeeding plus formula	What counts as 1 cup or 1 ounce?
<i>Eat this amount from each group daily.*</i>			
Fruits 	2 cups	2 cups	1 cup fruit or 100% juice ½ cup dried fruit
Vegetables 	3 cups	2½ cups	1 cup raw or cooked vegetables or 100% juice 2 cups raw leafy vegetables
Grains 	8 ounces	6 ounces	1 slice bread 1 ounce ready-to-eat cereal ½ cup cooked pasta, rice, or cereal
Protein Foods 	6½ ounces	5½ ounces	1 ounce lean meat, poultry, or seafood ¼ cup cooked beans ½ ounce nuts or 1 Tbsp peanut butter 1 egg
Dairy 	3 cups	3 cups	1 cup milk 8 ounces yogurt 1½ ounces natural cheese 2 ounces processed cheese

**If you are not losing weight you gained in pregnancy, you may need to cut back on the amount or change the types of food you are eating.*

Get a Daily Food Checklist for Moms designed just for you.
Go to ChooseMyPlate.gov/Checklist.



Being Physically Active

Unless your doctor advises you not to be physically active, include 2½ hours each week of physical activity such as brisk walking, dancing, or swimming. The activity can be done for at least 10 minutes at a time, and preferably spread throughout the week.



Beverages

Your need for fluids increases while you are breastfeeding. You may notice that you are thirstier than usual. Drink enough water to quench your thirst. Drink other beverages such as low-fat milk or 100% juice as part of your Daily Food Checklist.



Seafood

Seafood is part of a healthy diet. Omega-3 fats in seafood can have important health benefits for you and your baby. Salmon, sardines, and trout are some choices higher in omega-3 fats and lower in contaminants such as mercury.

- Eat at least 8 and up to 12 ounces of a variety of seafood each week from choices that are lower in mercury.
- Eat all types of tuna, but limit white (albacore) tuna to 6 ounces each week.
- Do not eat tilefish, shark, swordfish, and king mackerel since they are highest in mercury.

Learn about other nutrition assistance programs:
<http://www.benefits.gov/>

Based on the *Dietary Guidelines for Americans* and
<http://www.fns.usda.gov/wic/guidance>

Food and Nutrition Service
FNS-458
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Tips for a Healthy You: After Delivery

Eat healthy and be active • Take your folic acid

Keep breastfeeding your baby • Get to a healthy weight



1. Eat the right foods

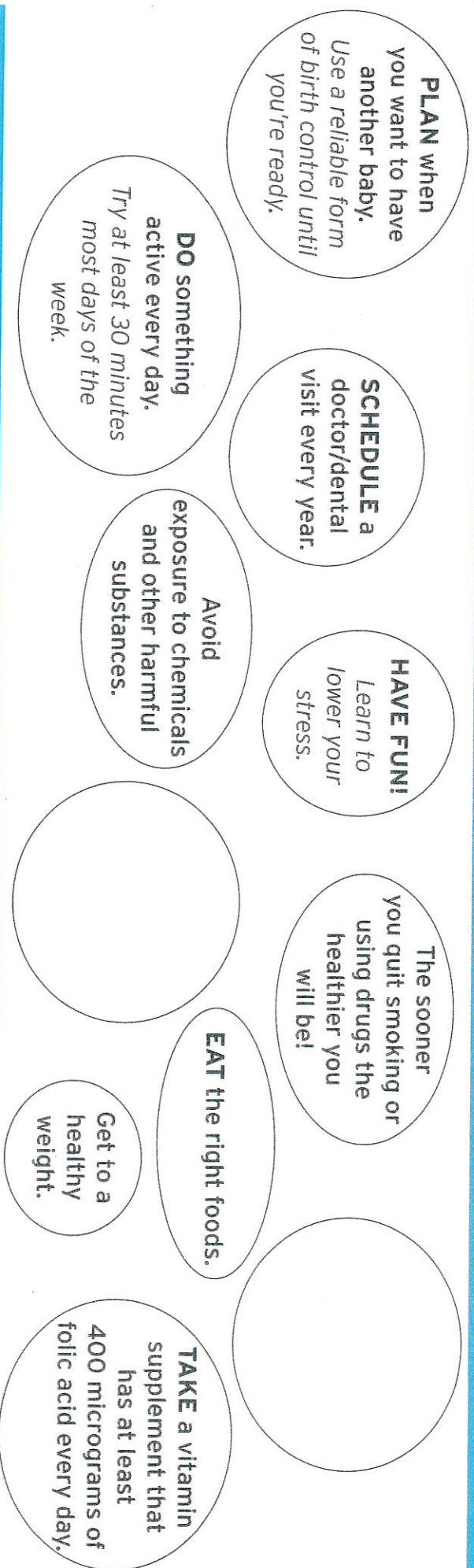
Mark an up \uparrow or down \downarrow in the ☐ next to any food group you feel you need to eat more (\uparrow) or less (\downarrow).
If you feel you are eating enough from any of the food groups draw a 😊 next to that food group.

Grains <input type="checkbox"/>	Vegetables <input type="checkbox"/>	Fruits <input type="checkbox"/>	Milk <input type="checkbox"/>	Meats & Beans <input type="checkbox"/>	Extras <input type="checkbox"/>
6 ounces	2 1/2 cups	2 cups	3 cups	5 1/2 ounces	Limit these Foods
MAKE HALF YOUR GRAINS WHOLE Bread, pita, tortilla Pasta, noodles Rice Cereals	VARY YOUR VEGGIES Fresh Frozen Canned Eat more dark-green, red and orange vegetables and cooked dry beans.	EAT A VARIETY OF FRUITS Fresh Frozen Canned Go easy on fruit juices.	GET YOUR CALCIUM-RICH FOODS Milk Cheese Yogurt Soy milk Try low-fat or fat free. Low-fat milk offers the same calcium as whole milk!	GO LEAN WITH PROTEIN Beef and pork Poultry Seafood (eat a variety) Beans and peas Nuts or peanut butter Eggs Soy products These are good sources of iron and protein. For leaner choices, try meats with "round" or "loin" in the name, 90% lean and remove skin or fat from meats.	FOODS HIGH IN FATS, SUGARS AND SODIUM Soda Candy Cookies/cakes Butter Mayonnaise Fried foods Limit extras to 1 or 2 a day or about 265 calories a day. Use oil to replace solid fat.
Choose foods with "whole grain or whole wheat" first in the ingredient list. This will add fiber, antioxidants and minerals.					

* Choose drinks that won't weigh you down, like water or unsweetened ice tea. While you are breastfeeding, your need for fluids increases. You may notice that you are thirstier than before. Drink enough water and other fluids to quench your thirst.

Amounts listed are for an average 2000 calorie diet, you may need to eat more or less. When you are breastfeeding, you have a higher need for some vitamins and minerals. For more information and to develop a plan just for you, go to www.choosemyplate.gov

2. Live a healthy lifestyle (color in the bubbles you would like to learn more about or write in your own idea)



3. Move toward a healthier weight

Being at a healthy weight is important if you become pregnant again. If you are significantly overweight, you increase your risk of developing many health problems. To reach a healthy weight for you, follow the advice above and in addition:

- 1) Keep breastfeeding your baby. If you exclusively breastfeed for more than 3 months you lose more weight than if you don't.
- 2) Focus on how much you eat. Watch your portion sizes!
- 3) Don't skip meals and eat a healthy breakfast every day (include whole grains, fruit, and low fat dairy or lean meat).
- 4) Keep a notebook to track your progress. Write down what you eat and drink and when you are active.
- 5) Identify a support system, for example a friend or family member who will help you reach your goals.

My goals for staying healthy after I deliver: I will...

- ☐ Learn what and how much to eat from each food group: Eat more _____; Eat less _____
- ☐ Plan my next baby
- ☒ Take a multivitamin every day
- ☐ Be active every day
- ☐ Continue to breastfeed my baby
- ☒ Keep a notebook to track my progress
- ☐ Other _____

Would you like to speak to a nutritionist or breastfeeding counselor today? Yes _____ or No _____

Programs, activities and employment opportunities in the Illinois Department of Human Services are open and accessible to any individual or group without regard to age, sex, race, sexual orientation, disability, ethnic origin or religion. The department is an equal opportunity employer and practices affirmative action and reasonable accommodation programs.



Losing Weight Safely

1. One pound of body weight is = 3500 calories. Therefore, in order to lose weight, we must cut 300-500 calories per day. Cutting 500 calories per day should result in 1 pound per week weight loss.
2. Examine your diet to see if you are taking in unnecessary calories. For example, a regular soda (12 oz.) = 120-150 calories. Cutting down on concentrated sweets (high sugar foods such as syrups and sweetened drinks) can reduce your calories.
3. Cutting down on fatty foods can be beneficial for both weight loss and lowering cholesterol levels. Fats are usually in the form of butter, margarine, oils, salad dressings & fatty meats. If you add 2 Tbsp of Ranch dressing to a salad, it is equal to the amount of fat in a hamburger! A grilled chicken breast has 7 grams of fat, but if fried in oil it has 25 grams!
4. Sometimes we don't realize how much we are eating. Nervous snacking (or "mindless" eating in front of the TV, computer, at work...) can add hundreds of extra calories per day. Keep a food diary. Examine it to find your areas of weakness.
5. Follow a balanced diet that contains foods from each of the food groups and is low in fat, with plenty of HIGH FIBER grains, fruits and vegetables.
6. Eat at least 3 meals per day. Skipping meals can lower your metabolism. People who skip meals often consume more calories at their next meal.
7. Choose lean meats. Chicken breast, turkey, pork chops, lean ham, loin or round cuts of beef. Grill, broil, boil or bake them instead of frying. Try to keep your portion about the size of the palm of a female hand.

8. Look for reduced fat, light and reduced sugar items whenever shopping for groceries. Keep in mind that "FAT FREE" and "LOW CARB" DO NOT = CALORIE FREE! They still add up!
9. You don't have to go "LOW CARB" to lose weight. Just reducing (NOT Eliminating) your portions of rice, pasta, breads, etc. can help to lose weight. Again, it boils down to calories.
10. Physical Activity plays a MAJOR role in losing weight. Try to find a form of exercise that you enjoy. Work up to 30 minutes per day for 3-5 days per week. If this is difficult for you, even two 15 minute sessions per day can be beneficial.
11. Set REALISTIC goals for yourself. Don't expect to lose 10 pounds per week! A healthy weight loss is 1 -2 pounds per week.
12. Last, but not least... Don't give up! If you mess up one day, start over the next morning! Making lifelong diet and exercise changes is the key to success!
13. See your physician and dietician if you have questions or need more guidance.

SAVE YOUR LIFE:

Get Care for These POST-BIRTH Warning Signs

Most women and postpartum people who give birth recover without problems. **But anyone can have a complication for up to one year after birth.** Learning to recognize these POST-BIRTH warning signs and knowing what to do can save your life.

Trust your instincts.
ALWAYS get medical care if you are not feeling well or have questions or concerns.

Call 911
if you have:

- ☐ **P**ain in chest
- ☐ **O**bstructed breathing or shortness of breath
- ☐ **S**eizures
- ☐ **T**houghts of hurting yourself or someone else

**Call your
healthcare
provider**
if you have:
(you only need one sign)

(If you can't reach your
healthcare provider, call 911
or go to an emergency room)

- ☐ **B**leeding, soaking through one pad/hour, or blood clots, the size of an egg or bigger
- ☐ **I**ncision that is not healing
- ☐ **R**ed or swollen leg, that is painful or warm to touch
- ☐ **T**emperature of 100.4°F or higher or 96.8°F or lower
- ☐ **H**eadache that does not get better, even after taking medicine, or bad headache with vision changes

**Tell 911
or your
healthcare
provider:**

"I gave birth on _____ and
(Date)
I am having _____."
(Specific warning signs)



Scan here to download
this handout in
multiple languages.

These post-birth warning signs can become life-threatening if you don't receive medical care right away because:

- **Pain in chest, obstructed breathing or shortness of breath** (trouble catching your breath) may mean you have a blood clot in your lung or a heart problem
- **Seizures** may mean you have a condition called eclampsia
- **Thoughts or feelings of wanting to hurt yourself or someone else** may mean you have postpartum depression
- **Bleeding (heavy)**, soaking more than one pad in an hour or passing an egg-sized clot or bigger may mean you have an obstetric hemorrhage
- **Incision that is not healing**, increased redness or any pus from episiotomy, vaginal tear, or C-section site may mean an infection
- **Redness, swelling, warmth, or pain** in the calf area of your leg may mean you have a blood clot
- **Temperature of 100.4°F or higher or 96.8°F or lower**, bad smelling vaginal blood or discharge may mean you have an infection.
- **Headache (very painful), vision changes, or pain in the upper right area of your belly** may mean you have high blood pressure or post birth preeclampsia

MEDICAID NOW COVERS CARE AFTER PREGNANCY FOR 12 MONTHS IN ILLINOIS



Full Medicaid benefits for care after pregnancy have been extended from 60 days to 12 months

WHO IS ELIGIBLE?

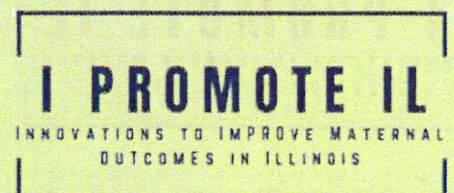
Pregnant persons who have Medicaid can continue receiving care for up to a year after pregnancy

HOW COULD THIS HELP YOU?

- Continue your care without interruptions
- Prevent going to the emergency room
- Get access to birth control and breastfeeding support
- Get help for health conditions (such as depression, high blood pressure, substance use, and diabetes)

To find a Dentist call 1-888-286-2447
LINK Helpline: 1-800-678-5465

The Postpartum Medicaid Expansion Infographic was partially supported by the Health Resources and Services Administration (HRSA) of the U.S. Department of Health and Human Services (HHS) as part of a financial assistance award totaling \$9.5 million with 100 percentage funded by HRSA/HHS. The contents are those of the authors and do not necessarily represent the official views of, nor an endorsement, by HRSA/HHS, or the U.S. Government.



YOU CAN SCHEDULE TWO MEDICAL VISITS IN THE FIRST 3 MONTHS AFTER PREGNANCY

IF YOU LIVE IN ILLINOIS AND HAVE MEDICAID,
YOU CAN GET AT LEAST **TWO** MEDICAL VISITS AFTER
PREGNANCY

Early visit

(Within first 3 weeks
after pregnancy)



Later visit

(About 4-12 weeks
after pregnancy)

If you have Medicaid, schedule your visits with your healthcare provider
If you do not have Medicaid, please check with your insurance provider about coverage for
two preventive postpartum visits

WHY IS THE TIME AFTER PREGNANCY SO IMPORTANT?



- In the U.S., **2 in 5** pregnancy-related deaths occur 1-41 days after giving birth
- **1 in 4** women visit the emergency department within the first 6 months after pregnancy (mostly during the first 6 weeks)

- High risk for unplanned pregnancy and postpartum depression



- Important time for recovery (especially for people who had a C-section)



<https://doi.org/10.1093/AJPH.2020.0000000000000000> <https://doi.org/10.1093/AJPH.2020.0000000000000000>

CARE AFTER PREGNANCY CAN HELP YOU TO...



1. Get attention for new and chronic health conditions (such as diabetes, high blood pressure, substance use, and depression)
2. Access birth control/contraception
3. Get breastfeeding support
4. Get access to care for yourself not related to pregnancy



The Preventative Postpartum Visits Infographic was partially supported by the Health Resources and Services Administration (HRSA) of the U.S. Department of Health and Human Services (HHS) as part of a financial assistance award totaling \$9.5 million with 100 percentage funded by HRSA/HHS. The contents are those of the authors and do not necessarily represent the official views of, nor an endorsement, by HRSA/HHS, or the U.S. Government.



No Smoking

Babies should not be exposed to cigarettes or smoke in any way, shape, or form. Did you know that there are three different types of smoke and ways to inhale it?

1. **First-hand smoke:** This is when smoke is inhaled directly from smoking cigarettes.
2. **Second-hand smoke:** The smoke is inhaled by someone who is not smoking cigarettes (either from the cigarette itself or blown by the smoker).
3. **Third-hand smoke:** This is when residual gas particles from smoke fall on every surface where a cigarette was lit. This includes; clothing, hair, furniture, and more. It takes at least three washes to remove these particles.



Caregivers should never smoke around a baby. If you must smoke, be sure to do it outside and away from the baby. And remember change your clothing before handling him/her again to avoid exposing the baby to third hand smoke.

Why must you smoke outside?

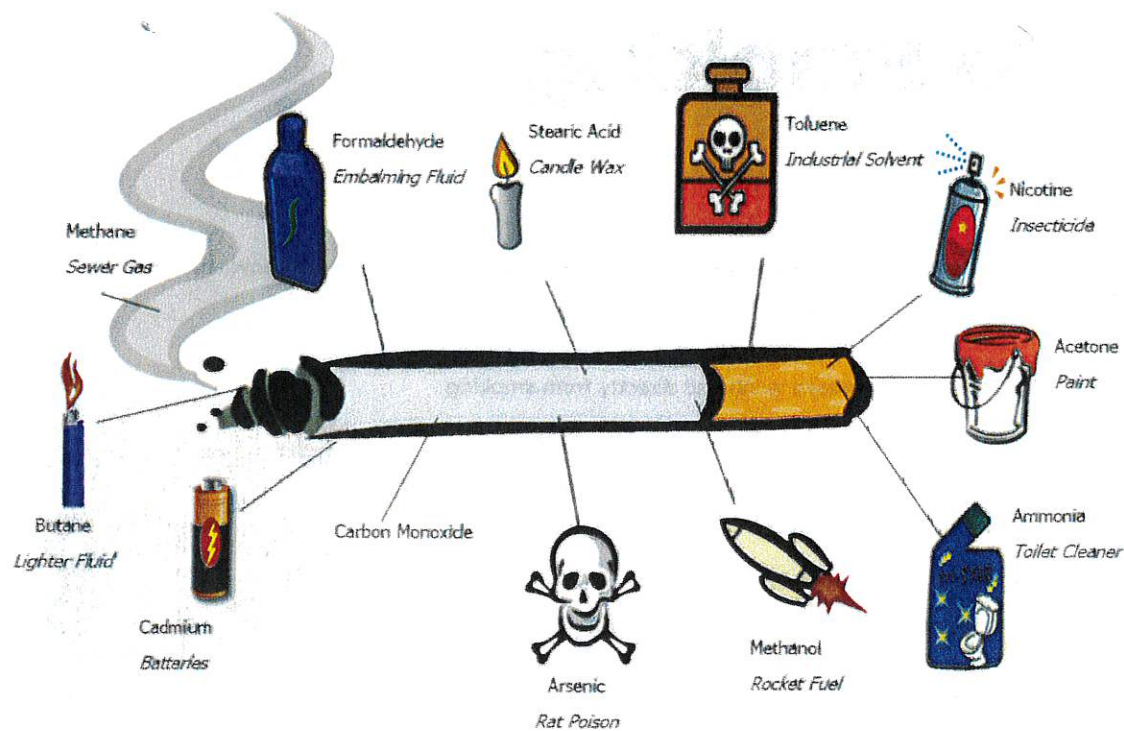
If you smoke inside, the baby will be exposed to both second hand and third hand smoke. When you smoke inside, the particles from the smoke will be on all the surfaces that your baby touches. It will be on your carpet, couch, bed, and their sleeping environment. For example, if you smoke inside and you practice tummy time, the baby will breathe in the smoke off your carpet or their tummy time mat.

What are the benefits of quitting before or during pregnancy?

Quitting smoking before or during your pregnancy will

- decrease your chances of a miscarriage,
- reduce health risks in the last three months of pregnancy,
- lower chance of an early birth,
- increase the birth weight of your baby,
- and lower the risk of Sudden Infant Death Syndrome.

There is nothing healthy about a cigarette. You may be surprised to hear what cigarettes are made of. What exactly is in cigarettes, you ask?



E-Cigarettes

If after hearing the facts about cigarettes you are considering switching to E-cigarettes, you should think about the harm those can have on your baby too. E-cigarettes and vapor pens do still contain nicotine which can harm your baby if you are pregnant. Nicotine will constrict your blood vessels and restrict the blood flow to the baby. This will limit the nutrients your baby receives through the placenta.

Ways to substitute your smoking habits

If you smoke when you:

- Drink coffee
- Finish a meal
- Watch TV

Try to:

- Switch to tea or hot chocolate.
- Move around and take a walk after.
- Find another hobby or distraction such as; doodling, drawing, playing cards, and meditating.

***Activities that involve the use of your hands are the best substitution to smoking.**

If your mouth needs a substitute, there are several healthier alternatives to the cigarettes. You could try:

- chewing gum,
- biting on a straw or toothpick,
- eating fresh fruit, or even sugar free candy.

If your hands need a distraction, there are many tricks for that too. You could try:

- carrying a straw,
- playing with a rubber band or paper clip,
- squeezing a rubber ball,
- or doing a crossword puzzle.