

## 4<sup>TH</sup> TRIMESTER WELL WOMAN CARE

	Prenatal		Postnatal											
	2nd Tri	3rd Tri	Initial	3 - 5 d	2 wk	4 wk	6 wk	2 mo	3 mo	4 mo	6 mo	9 mo	12 mo	18 mo
Overall Goal	Prepare for the Postnatal Period  <i>begin planning, discussions and budgeting for postnatal care and support.</i>		Rest & Nest  <i>moms recover from the stressors of pregnancy and birth and adapt to the new family structure.</i>				Reintroduce Movement Slowly  <i>moms &amp; babies may be ready to reintroduce movement and re-learn the feel of their own bodies in flow.</i>				Depletion / Hormone Balance  <i>strategically replenish after baby building, disrupted sleep, lactation and stress.</i>		Family Planning or Perimenopausal Planning  <i>begin preparing your body &amp; mind for the next phase of life.</i>	
Naturopathic Consult	Review health going into labor & birth to create a supplement strategy for postpartum.		Contact provider via phone or email with any questions about diet or exercise. Exercise usually takes the form of walking, breath-work, gentle stretching. Around 6 weeks, consider reintroducing movement with prenatal or restorative yoga.					Explore options to address sleep, energy, or mood challenges.		Assess nutritional & hormonal issues as menses returns and explore options for optimizing wellness.		Assist with cycle regulation, identification / management of nutritional & hormone imbalances.		
Acupuncture	Address symptoms as they present.	Can assist with breech presentation & labor prep.	Can increase lactation, address breast issues, and help with recovery from pregnancy and birth.				Can support with emotions, sleep, energy, hormone balance, stress reduction and musculoskeletal discomfort from feeding / carrying baby.				Can assist with hormonal challenges as menses returns.		Can help prepare for family planning or address premenopausal symptoms.	
Plan Your Support	Create a plan of support for after birth. Consider doula support.		Mom bonds with baby & rests to recover from pregnancy and birth. Support is high.				Supporters: family, friends, neighbors, colleagues, acquaintances and paid professionals (postpartum doulas) continue to provide emotional support as well as help with daily life chores (more support earlier on that gradually tapers).							
Maternal Mental Health	Research support groups. If you experience persistent, troublesome thoughts or feelings, seek support.		Process your birth journey by sharing or journaling.		Seek support if experiencing persistent, troublesome thoughts or feelings. Possible resources include peer support coaches, support groups (virtual or in person - search postpartum.net), counseling / therapy. Major hormonal shifts are likely around 3 days, 3 weeks and 3 month after birth.									
	<----- Meditation Apps can be helpful throughout this time of life ----->													
Lactation Support	Check insurance benefits / Create feeding plan.		Seek In-home support.		Participate in lactation support groups / seek pumping support, if needed.						Seek support with weaning / food Introduction.			
Pelvic Floor Care	Check insurance benefits.		If significant physical trauma from birth, seek assistance.				Begin pelvic floor physical therapy. This can address / decrease urinary or fecal incontinence & the likelihood of organ prolapse.							
Sleep	Research different sleep training approaches.		Sleep when baby sleeps, as often as possible.				Adjust your bedtime to include baby's longest sleep stretch.			Consider beginning sleep training, possibly with a sleep consultant.				