



# Planning for *Your Health* ..... After Having a Baby

## Resources



### Need help?

Birth control, postpartum care - [www.womenshealth.gov](http://www.womenshealth.gov)

National Breastfeeding Help Line - 1.800.994.9662

Women, Infant, and Children's Program (WIC) - Call INFO LINE at 211 or the Department of Public Health at 1.800.741.2142 to be connected to your local office

24/7 Nurse Helpline - for illness, injuries, or healthcare advice: 1.800.859.9889 (Follow the prompts to speak to a nurse)

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P.O. Box 5005  
Wallingford, CT 06492  
Phone | 1.800.859.9889 x 2025



# Congratulations on the birth of your baby!



**It is important to let your body fully heal after giving birth and before having another baby.**



Pregnancy and childbirth are very stressful on the body. Becoming pregnant again too soon can put you and your unborn baby at risk. It is recommended that you wait at least 18 to 24 months before becoming pregnant again. If you get pregnant within a year of having a baby, you run the risk of the new baby being born too soon.

Babies that are born early may have health problems.

**It is also good to give yourself time to get used to being a new mom before thinking about becoming pregnant again.** Both mom and dad should be as healthy as possible before having another baby. There is time to plan your next pregnancy if you want more children or to prevent pregnancy if you don't. Even if you are breastfeeding or have not had a period, you can still become pregnant. Using reliable birth control is one of the best ways to prevent an unwanted pregnancy. This can be discussed at your postpartum visit.

**It is very important that you attend all postpartum appointments. At the postpartum visit, your OB provider will examine you to make sure you are healing well after delivering your baby** This is also the time to talk with your doctor about your best options for birth control.

**The care that you receive between pregnancies is also very important.** Along with postpartum care, it is important that you have regular health screenings with a Primary Care Provider (PCP). If you do not currently have a PCP, please contact your Care Manager or call Member Engagement Services at 1.800.859.9889. You can also ask your OB provider's office for a referral.

Sources: [Womenshealth.gov](http://Womenshealth.gov), [211.org](http://211.org), [MCHB.HRSA.gov](http://MCHB.HRSA.gov)

## Post-Pregnancy Check List



- Breast pump prescription/order by OB**
  - » Contact your Care Manager with questions or for assistance
- Postpartum visit with OB on \_\_\_\_\_**
  - » You should:
    - Have contact with your health care provider within 3 weeks of giving birth
    - Get ongoing medical care during the postpartum period, as needed
    - Have a complete postpartum checkup no later than 12 weeks after giving birth
- Discuss birth control and family planning with OB**
- Discuss the signs and symptoms of postpartum depression with your OB**
  - » Contact Connecticut Behavioral Health Partnership for help by calling 1.877.552.8247
- Questions you want to ask OB at postpartum visit:**
  - \_\_\_\_\_
  - \_\_\_\_\_
  - \_\_\_\_\_
- Obtain primary care provider \_\_\_\_\_**
  - » Contact your Care Manager or Member Services at 1.800.859.9889 for help finding a PCP
- Dental care visit on \_\_\_\_\_**
  - » Call Connecticut Dental Health Partnership for help finding a dentist: 1.855.283.3682 or 1.866.420.2924
- Call Access Health CT at 1.855.805.4325 for HUSKY Health redetermination for you and/or your baby**