

Take care of yourself after delivery.

When pregnancy is over, life can get busier and more challenging. You'll notice physical and emotional changes. It's important to know what's normal and when you need help.



Talk to your **Maternity Care Coordinator**.

After your baby is born, your Maternity Care Coordinator can:

- Answer questions or concerns you have about health care.
- Make referrals for community services you need.
- Help you make appointments with your doctor.
- Arrange for a home visit from a nurse.
- Help with transportation to doctor offices.

Follow up with your doctor.

After you return home with your new baby, call your doctor to schedule a postpartum visit within three to eight weeks. You'll have a chance to ask questions and talk about how you're feeling. You can also ask when you can start working and exercising, when it's safe to have sex again, and your options for birth control.

Watch for sadness or something more serious.



After your baby is born, you may not feel like yourself. You may feel sad and cry. These feelings are called the “baby blues.” This is common and will often go away within a few days. If they last more than a week, call your Maternity Care Coordinator, OB doctor, or primary care physician.

It’s very important to call, because you may have postpartum depression. You may feel you’re not able to care for yourself or your new baby. You may feel sad, irritable, or moody. You may lose interest in food and things you enjoy. This can become

If you smoke, quit.

If you quit smoking during your pregnancy, now is the time to stop for good. You can lower your health risks for many diseases, like heart disease and lung cancer. And you’ll protect your baby and family from passive smoke. Children of parents who smoke get sick more often than other children, and tend to smoke when they grow older. If you need help to quit smoking, call 1-866-409-1858 or visit www.quitnow.net/delaware to learn about a free program.

We’re here for you.

Contact your Maternity Care Coordinator at 1-844-325-6251, 8 a.m. to 5 p.m., Monday–Friday. TTY callers should dial 711 or 1-800-232-5460.

At any time, call the 24-hour Nurse Line at 1-844-325-6251.