

# Your Postpartum Care Team



Before your baby is born, take time to build a postpartum care team. These are the people who will support you and your baby in your first months together. Talk with your obstetrician about who you need on your team.

## Your Family & Friends

The people closest to you can help by:

- Caring for your newborn and other children
- Helping you get to your health care visits
- Offering breastfeeding support
- Making meals
- Doing chores
- Providing emotional support

## Your Maternal Care Provider

This is the Ob-Gyn or other obstetric care provider who is in charge of your care during the postpartum period. Call this person first if you have questions about your health after delivery.

## Other Professionals

These people may include:

- Other doctors to help with medical conditions
- Counselors to help with breastfeeding
- Nurses, social workers, and other trained professionals

## Your Baby's Primary Care Provider

This is the pediatrician or other health care provider who is in charge of your baby's care. Call this person if you have questions about your baby's health.

## This is your team

It should include the people you and your baby need to get the best start.

1. Make a list of the names and phone numbers of everyone on your team before the baby is born.
2. Review the list after you give birth and make changes if needed.
3. Keep your list nearby after you get home.



Adapted from:  
**The American College of  
Obstetricians and Gynecologists**  
WOMEN'S HEALTH CARE PHYSICIANS

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