

WALK a little
every hour

Say YES
if someone
offers to help

Don't
forget
to EAT!

taking care of YOU

so you can take care of them

SLEEP
when
you can

DRINK
lots of water,
juice, tea,
or milk



UNC
SCHOOL OF MEDICINE

How are YOU feeling? We want to know.

There are many reasons why babies need mothers who take care of themselves. The UNC Postpartum Plus Prevention Program is here to help. Here are a few reasons why mom's health matters:

Immunity

A case of the flu or a cold not only makes you feel sick, it will make it harder for you to visit your baby.

Coping

The intensive care nursery can be a very stressful place. When you feel well it makes it easier to handle the roller coaster ride of emotions and worries.

Breastmilk

Mothers who are healthy are more likely to be able to make milk for their babies.

Energy

Mothers juggle many things – family, house, job – and now a newborn with extra needs. When you take care of yourself you have more energy for everything you need to do.

A woman has a lot of physical and emotional changes after she has a baby – especially moms with babies in the intensive care nursery. Mothers need extra attention and medical services as their bodies get used to no longer being pregnant. Our program is here to help you in the weeks after your baby's birth. Here are some of the things we can do:

- Answer your questions
- Link you to health information
- Provide a special clinic for new moms
- Help you schedule a check up around 6 weeks after you've had your baby.

Want to learn more? Please visit us online at www.mombaby.org or contact our program coordinator Suzanne Shores. Suzanne is a certified nurse midwife with special experience working with mothers who have just had a baby. You can page Suzanne at (919) 216-2751. You can call her at (919) 843-6001 or email her at sshores@unch.unc.edu. You can also ask your baby's nurse to contact Suzanne for you.