



The Village
AFTER BIRTH

YOUR CARE TEAM

Write the numbers you
will need later.

OB-GYN / MIDWIFE

AFTER-HOURS / MATERNITY TRIAGE

PRIMARY CARE

BABY'S CLINICIAN / NURSE LINE

LIVE SUPPORT

MATERNAL SUPPORT 1-833-TLC-MAMA

Call or text 1-833-852-6262 - not a crisis line

MENTAL-HEALTH CRISIS CALL OR TEXT 988

IMMEDIATE DANGER OR EMERGENCY 911

Independent educational resource. It does not diagnose, monitor symptoms, provide medical care, contact your clinician, or confirm that an outside resource answered.

OPEN THIS WHILE YOU ARE PREGNANT

Five minutes now
can make a hard day
easier later.

- ☐ Save your care-team and after-hours numbers.
- ☐ Know the warning signs that should never wait.
- ☐ Decide who can own meals, laundry, rides and rest.
- ☐ Write down the follow-up that applies to you.
- ☐ Make a backup for mood, health, access or safety changes.

A PLAN THAT FITS REAL LIFE

Use it with a safe person - or build a no-helper plan. The online guide covers cost, language, disability access, distance, work, food, housing, privacy and safety.

PRIVACY BESIDE THE QR

The clinic is not notified by The Village when you scan. The page does not ask for your name, a baby's information or a medical record. Routine website activity is explained in the Privacy page.

PILOT EDUCATIONAL HANDOUT

Independent OB-GYN and perinatal mental-health review is pending before broad clinic distribution.

thevillageafterbirth.org/standards

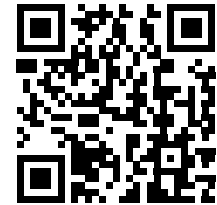


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BEFORE YOU NEED IT

Postpartum
support starts
before birth.

You plan for the birth. You deserve a plan for what comes after - for your body, mind, care, food, rest, safety and support.



SCAN WITH YOUR PHONE CAMERA

thevillageafterbirth.org/prepare

FREE | NO ACCOUNT | U.S. RESOURCES

SHARED BY YOUR CARE TEAM - OPTIONAL STAMP

KNOW WHEN NOT TO WAIT

Get medical care immediately for an urgent maternal warning sign.

During pregnancy and through one year after pregnancy ends, urgent signs include:

- Chest pain, trouble breathing, a seizure, fainting or severe confusion.
- A severe or worsening headache, ongoing dizziness, vision changes, or extreme face or hand swelling.
- Fever of 100.4 F (38 C) or higher; severe nausea or vomiting; or being unable to keep fluids down.
- Heavy bleeding that soaks one or more pads in an hour, tissue, or a clot larger than an egg.
- Severe belly pain or one-sided arm or leg pain, redness or swelling.
- While pregnant: the baby's movement stops or slows, bleeding is more than spotting, or fluid leaks.
- Thoughts of harming yourself or your baby, hallucinations, delusions, paranoia, or loss of reality.

WHAT TO DO

Call 911 for immediate danger, inability to stay safe, severe confusion or loss of reality, or life-threatening symptoms. Otherwise seek medical care immediately; use 988 for a mental-health crisis without immediate danger. Tell them: 'I am pregnant or was pregnant within the last year.'

This is not a complete symptom list. If something feels wrong or worries you, contact your clinician. Do not wait for a scheduled visit.

BUILD THE PLAN BEFORE BIRTH

Make care easier to reach when you are tired.

1 SAVE THE CARE PATH

OB-GYN or midwife, after-hours line, maternity triage, pharmacy, primary care and one safe contact.

2 ASK ABOUT FOLLOW-UP

Ask when postpartum contact should happen and what applies to blood pressure, diabetes, medicines, an incision or tear, mental health, feeding effects or another complication.

3 MAKE A MENTAL-HEALTH BACKUP

Choose who will notice changes, who you will call, and what becomes 988 or 911 instead of waiting.

4 PROTECT THE MOTHER'S BASICS

Food, water, medicines, pain care, sleep, bathroom and shower time, transportation and appointments belong in the plan.

5 PLAN FOR THE PLAN TO CHANGE

Use a no-helper route or name cost, language, disability access, distance, work, privacy, housing, food or safety barriers now.

PREPARATION IS NOT A SCHEDULE

New, worsening, severe, urgent or worrying symptoms should be addressed when they occur.

ASK FOR OWNED HELP

Not 'let me know if you need anything.'

WORDS TO USE

"Could you own [meals / laundry / rides / night check-in] from [date] to [date]? Please notice it, plan it, finish it and tell me when it is handled."

COMPLETE OWNERSHIP

NOTICE

PLAN

FINISH

REPORT

NO SAFE OR RELIABLE HELPER?

Do not build a plan around a person who does not exist or is not safe. The online guide opens a no-helper path through a clinic social worker, maternal support and official state resources.

THE SUPPORTER'S FIRST JOB

- Believe her when she says something feels wrong.
- Tell clinicians she is pregnant or was pregnant within the last year.
- Protect food, water, medicines, rest and time for her care.

OPEN THE FREE FIVE-STEP GUIDE

thevillageafterbirth.org/prepare