

Your 6-Week Postpartum Visit



You will be scheduled to meet with your OBGYN or Family Medicine Provider around 6 weeks after your baby is delivered, this is called the 6-week postpartum visit. The 6-week postpartum visit is an important part of the transition process from pregnancy back to a normal level of health.

At this visit we will discuss:

- Your healing process
- Any complications you had during pregnancy or birth
- Your emotional/mental wellbeing
- How it's going with breastfeeding or bottlefeeding
- Resources to support your family
- Contraception

Talk to your Care Team about support available to you during this busy time

- **Scheduling Medical Visits through your OBGYN or Family Medicine Clinic.** Patients with newborns in Family Medicine can request a co-visit with your newborn's 2-month visit.
- **Information about Paid Family Medical Leave:**
mass.gov/orgs/departments-of-family-and-medical-leave
- **Transportation to and from your postpartum visits:** Contact your care team to see if you are eligible for transportation to your appointment through [PT-1](#) or a grant program
- **Behavioral Health:** It is normal to have increased stress, anxiety and sadness when you have a new baby and we encourage you to discuss your concerns and use these resources:
 - **Parental Stress Line – Massachusetts: Phone Number:** (800) 632-8188. Toll-free 24/7 confidential helpline offering support for parents. Interpreter services available.
 - **Post-partum support International:** Education, advocacy and free online support groups for parents. Website: postpartum.net; Hotline: 1-800-944-4773 (#1 for Español; #2 for English). Text "Help" to 800-944-4773 (EN); Text en Español: 971-203-7773
 - **For urgent help,** you can visit CHA's Behavioral Health Urgent Care Center at Cambridge Hospital or at CHA Malden Care Center. Open Mon-Fri 8 am – 8 pm, Sat-Sun 9 am – 5 pm
The 24 hour CHA behavioral health crisis phone number is **833-222-2030**.



Scan the QR code to easily access these resources on our website.

- **Community Connections and resources**

- **CHA Connect:** a free online service that lists community programs in your area – such as food support, housing, job training and more. You can search in multiple languages.
- **One Tough Job:** A resource finder for groups, fact sheets, and other supports for new parents in Massachusetts. onetoughjob.org
- **WIC** is a free nutrition program that helps families with children under five get healthy food and learn how to eat well. Call 617-575-5330 to see if we can help you.
- **Tufts Health Plan EXTRAS gift card rewards** towards car seats and groceries

- **Free Apps & Websites to Support you & your family:**

- **CHA Pregnancy Care Resources** Find everything you need for your prenatal, labor and delivery and postpartum care.
- **Sign Up for Bump2Baby360** through CHA, a free app in your language to stay healthy throughout pregnancy and settle into parenthood
- **Download the free “Connect by PSI” app** for postpartum mental health support. Available in English & Spanish.
- **CDC Milestone Tracker:** Babies move and grow at different stages, and development is often a source of worry for parents. The CDC created a helpful milestone tracker for parents to watch for from 2 months to 5 years, available in English & Spanish.
- **NationsNutrition Coaching:** Personalized nutrition support for Tufts members