

Postpartum Care Toolkit

Congratulations on the birth of your child! Becoming a parent is an exciting time. It can also bring challenges while you learn to care for your baby and your family adjusts to its newest member.

The health and safety of you and your baby are very important. That's why CDPHP® has put together this toolkit to help guide you. Please take a few minutes to read the materials and review them with your doctor. Here is an overview of some of the topics that are addressed.

CARE FOR YOURSELF

Make sure you take care of yourself as you did when you were pregnant.

- Eat a well-balanced diet.
- Exercise with the permission and guidance of your doctor.
- Go to the doctor for a checkup six weeks after delivery.

CARE FOR YOUR BABY

Helping your baby develop is one of the most rewarding things about being a parent. In addition to offering unconditional love, there are many things you can do to help your baby grow healthily.

- Take your baby for regular checkups with the doctor.
- Make sure your baby has proper nutrition.
- Keep a safe environment at home.

The enclosed materials are also available online at www.cdphp.com/membertoolkits.

You can also contact a Health Coach toll free at 1-800-365-4180 if you have any questions or would like more guidance.



A plan for life.