

Being a new mom is fun, but it can also be overwhelming. Tell me how you are doing.

Take a look at the following topics. Are there any that you want to talk about today?

What is going well? What can I help you with?



Sleeping/Rest



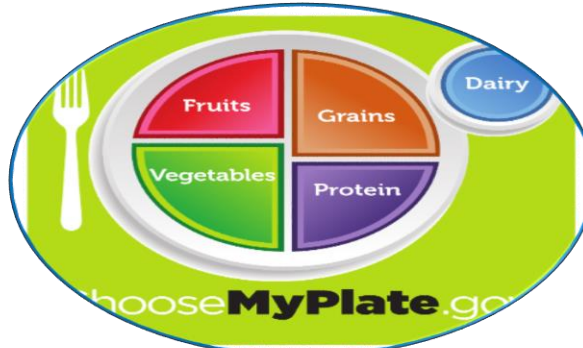
Being Active



Family Planning/Birth Control



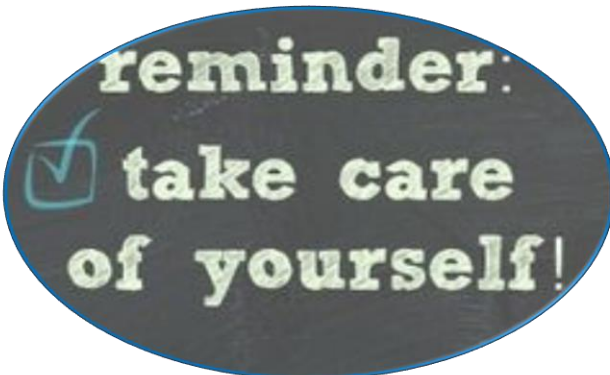
Communication



Healthy Eating



Baby Blues



Self-Care



When to Feed Baby?



Well-baby and Mom Appointments