



Postpartum/*Postparto*



I'm Not Feeling Like Myself
No Me Siento Como Yo



Feeling Constipated?
¿Tiene Estreñimiento?

What other topic would you like to talk about?

¿De qué otro tema le gustaría hablar?



Getting Back In Shape
Volver a estar en forma o recuperar la figura



Going Back to Work
Volver a Trabajar



Eating Healthy
Alimentarse Saludablemente

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<p style="text-align: center;">I'm not Feeling Like Myself</p> <p>Ask- possible opening questions:</p> <ul style="list-style-type: none"> How have you been feeling? <p>Provide- suggestions for sharing:</p> <ul style="list-style-type: none"> Sometimes women experience changes in mood after having a baby. Hormonal changes may trigger symptoms of postpartum depression. Feeling sad, depressed, anxious, or stressed can affect your health and bonding with your baby. Refer to healthcare provider if needed. <p>Ask- closing options:</p> <ul style="list-style-type: none"> Which of these ideas might work best for you? What do you think about this information? 	<p style="text-align: center;">Feeling Constipated</p> <p>Ask- possible opening questions:</p> <ul style="list-style-type: none"> Tell me why you chose this topic? <p>Provide- suggestions for sharing:</p> <ul style="list-style-type: none"> Many women experience constipation after having a baby. Eat foods high in fiber such as beans, whole grains, fruits and vegetables. Drink plenty of liquids, especially water. Try to be physically active every day. <p>Ask- closing options:</p> <ul style="list-style-type: none"> Which of these ideas might work best for you? What do you think about this information?
<p style="text-align: center;">Getting Back in Shape</p> <p>Ask- possible opening questions:</p> <ul style="list-style-type: none"> In what way would you like to get back into shape? What do you do to stay in shape? What would you like to do? <p>Provide- suggestions for sharing:</p> <ul style="list-style-type: none"> Exercise is healthy and safe for most women. Check with your doctor before starting an exercise program. Start slow. Listen to your body, if something doesn't feel right stop. Aim for 30 minutes of aerobic activity a day. (walking or swimming) <p>Ask- closing options:</p> <ul style="list-style-type: none"> Which of these ideas might work best for you? What do you think about this information? 	<p style="text-align: center;">Eating Healthy</p> <p>Ask- possible opening questions:</p> <ul style="list-style-type: none"> What changes would you like to make in the way you eat? What fruits and vegetables do you usually buy with your WIC check? <p>Provide- suggestions for sharing:</p> <ul style="list-style-type: none"> Being a new mom takes a lot of time, sometimes it's hard to eat right. Eating foods that are good for you promote healing and help your body recover. Planning meals and snacks helps you make better choices. Limit sweetened beverages that provide calories. WIC foods are a great example of foods to buy: whole grains, beans, fruits and vegetables and low-fat milk. <p>Ask- closing options:</p> <ul style="list-style-type: none"> Which of these ideas might work best for you? What do you think about this information?
<p style="text-align: center;">Going Back to Work</p> <p>Ask- possible opening questions:</p> <ul style="list-style-type: none"> What concerns do you have about going back to work? <p>Provide- suggestions for sharing:</p> <ul style="list-style-type: none"> Have a plan for childcare. Do you have a family member that will be watching the baby or will they be going to daycare? Have a backup plan for days when the sitter is unavailable or the baby is sick. Be sure to discuss how they will feed your baby. Plan to continue breastfeeding. Pumping can take about 10-15 minutes and should equal the number of feedings your baby will need while you are away (typically 2-3 times during an 8 hour work period). You can store your breastmilk in a refrigerator or cooler with ice packs. Take care of yourself. Plan to eat healthy foods at work, have your lunch and snacks ready to grab and go, pack the baby's bag and pick out your clothes the night before for a less stressful morning. Try to make getting to bed at a reasonable hour a priority. No time for exercise, use your breaks for a chance to go for a quick walk. <p>Ask- closing options:</p> <ul style="list-style-type: none"> Which of these ideas might work best for you? What do you think about this information? 	