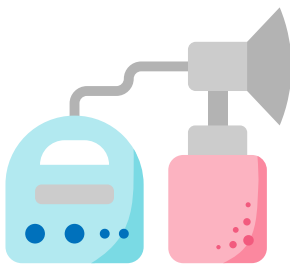


Your Postpartum Support Team

Five experts who can support you after birth

1 Perinatal Psychiatrist

These medical doctors support your mental health during pregnancy and after birth. They can prescribe medication and also offer talk therapy. You should see one if you have a history of mental health conditions or have experienced birth or medical trauma.



2 Lactation Consultant

Lactation consultants help with feeding your baby—breast, bottle, pumping, or combo. They give guidance, help solve problems, and support your choices. This can benefit all new parents, as they support the entire newborn feeding journey.

3 Pelvic Floor Physical Therapist

Pelvic floor PTs help with the muscles that support your bladder, bowel, and uterus. These muscles are important for going to the bathroom, having sex, and healing after pregnancy. A checkup around six weeks after birth is recommended.



4 Postpartum Doula

They support families after a baby arrives, helping with feeding, recovery, baby care, and emotional support during the early weeks and months. Any family adjusting to a new baby can benefit. They help with chores, overnight support, and overall guidance.

5 Couples Therapist

These therapists help people in relationships get along better by teaching skills to talk through problems. It's smart to go early, before things get too hard. Therapy can help with arguments, big life changes, or feeling distant from your partner.

