

Navigating the Transition from Pregnancy to Parenthood

At Michigan Medicine, the birth of your child marks the ending of pregnancy and the beginning of your postpartum care. Our team is committed to taking excellent care of you and your family throughout the first year of parenthood.

What changes can I expect after having a baby?

Although the first year postpartum is an exciting time, you may experience fluctuations in your mood or physical symptoms which can impact the wellbeing of you and your baby.

We launched the Michigan Plan for Appropriate, Tailored, Health Care (MiPATH) postpartum program to help you and your family navigate these changes and feel more connected to your care team throughout your first year postpartum. We will work with you to create a postpartum care plan that meets your medical, emotional, and support needs.

This guide will introduce you to the services and providers that are available to support you.

When will I come back for care?

We have redesigned our postpartum care visit schedule to better support you and your growing family. The number of visits you will have in the first 6 weeks after delivery is based on your pregnancy, birth, and postpartum needs:

- **1 week after birth:** If you have high blood pressure before, during or after birth or have preeclampsia, you may qualify for our remote blood pressure monitoring program. Additionally, you will have a virtual visit with your

obstetrics provider to make sure your blood pressure is in the appropriate range

- **2 weeks after birth:** We offer virtual or in-person visits for wellness support, evaluation of cesarean birth incisions, or vaginal lacerations, if needed.
- **4-6 weeks after birth:** We will schedule virtual or in-person visits to discuss how you are healing, your mood, your bleeding, feeding your baby, options for family spacing, and any questions you have.
- **2-3 months after birth:** New to Michigan Medicine, we now offer the opportunity for you to request a virtual visit with a member of our postpartum social work team. This visit, “Embracing You and Baby,” covers a broad range of topics including nutrition, infant milestones, emotional wellbeing, and sleep.
- **6 months after birth:** At Michigan Medicine, we recommend that your first preventative visit after birth is around 6 months postpartum. At this visit, you and your obstetrics provider will discuss your risk of cardiovascular disease (based on pregnancy and birth events), your pelvic floor function, your reproductive life goals, your birth experience, and general preventative care.

Who will be on my care team?

In addition to your obstetrics provider, you and your baby will have access to a variety of postpartum care specialists:

1. **Lactation Consultants:** If you experience challenges with feeding your baby, our board-certified [lactation consultants](https://michmed.org/yVmyZ) are here to provide your family with education, encouragement, and support to help you meet your feeding goals: <https://michmed.org/yVmyZ>
2. **Physical Therapists:** Your stomach, back, and pelvic floor change with pregnancy and birth. If you experience continued back pain, leaking of urine,

difficulty with bowel function, or pain with intercourse, you and your obstetrics provider will determine if physical therapy might be right for you.

3. **Social Workers:** Our outpatient social work team is an essential part of postpartum care. Social workers can provide additional support at many levels including mental health care, psychotherapy services, and resource support.
4. **Mental Health Professionals:** About 1 in 5 pregnant or postpartum people will experience mood changes. In addition to social workers with expertise in postpartum care and therapy, you will have access to both psychologists and psychiatrists who are trained to help you navigate this life transition.

Virtual wellness support

Michigan Medicine is excited to offer a new, text message-based virtual wellness program called “Pregnancy to Parent Wellness.” This program is designed to provide resources via text and help you connect with the members of your postpartum care team if concerns arise.

Learn more about the Pregnancy to Parent Wellness Program:

<http://www.med.umich.edu/1libr/gyn/PregnancyToParentProgram.pdf>

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