



Ask mothers what **THEY need and value in the 4th Trimester**



Our mission is to transform the lived experience of the 4th Trimester through a national movement to spark real, sustained change for women and their families at individual, community, and national levels.



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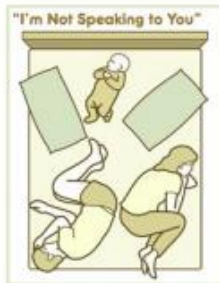
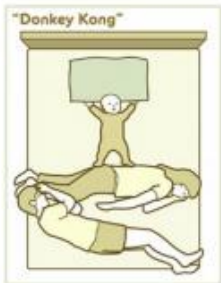
Stakeholder Engagement



Baby Sleep Positions

1-10

 howtobeadad.com



“

We need to reframe the discussion for infant sleep. It's about the **woman's quality of life** too.





4th Trimester Bodies Project

PARENTHOOD. POLITICS. POSITIVITY.

<http://www.4thtrimesterbodiesproject.com>



“

I didn't get any information or suggestions from my provider about weight gain and loss.

I got judgment.



My physical recovery had a lot of bladder incontinence – I kept thinking, **'I am never going to be able to feel the need to pee again.'**





If I score too high on the EPDS, will they send me to an institution? Are they going to **take my baby away?**





“

Not wanting to have sex can be a strain on a marriage and not all men understand it... And the way a physician says ‘can’ doesn’t mean ‘should.’

The Longest



Shortest Time

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