

Spanish Post Partum Brochure Translation to English

Front cover, page 1 (Sunburst with mom and baby)

Congratulations!

Information for new moms

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It's great that you took your prenatal multivitamins throughout your pregnancy! You did the right thing to protect your health and the health of your baby. Now that you have had your baby, keep taking your multivitamins with 400 mcg of folic acid every day.

Why should I continue to take a multivitamin with folic acid every day?

- It can help prevent birth defects in future pregnancies (it is possible to get pregnant immediately after giving birth even while still nursing).
- It may reduce your risk of getting heart disease and certain types of cancer.
- It can help your body recuperate after the birth of your child and strengthen your bones.
- They are good for your health

Remember: they will not cause weight gain.

How can I get enough folic acid?

- Take a multivitamin with 400 mcg of folic acid every day – this is the best way to get the recommended amount.
- Buy your multivitamins at any supermarket or pharmacy. You do not need a prescription.
- Buy the generic brand (or store brand) – they cost less and are just as effective.
- So you don't forget to take your multivitamin, put it near your toothbrush, your night stand or in your kitchen where you can see it.

Along with your multivitamin with folic acid, also eat foods rich in folate (folic acid) such as: black beans, orange juice, avocado, oatmeal, fortified cereals, fortified breads and dark green leafy vegetables.

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A healthy mom can take better care of her baby and her family. Your health is important – take care of it!

Control your stress and fight postpartum depression.

- Many women feel nervous, sad or depressed after having a baby and can suffer from postpartum depression. This is very common in new moms and treatment is available.
- Ask your partner, family or friends for help taking care of the baby or with work around the house so you can rest.
- Learn to relax, take a walk, talk with friends, take a warm bath or sleep when your baby sleeps.

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Don't miss your post partum medical appointment.

- Ask your doctor about what type of birth control is right for you.
- Talk to your doctor if you have diabetes, high blood pressure, or any other chronic medical conditions.
- Write down your questions before your doctor's appointment.
- Talk honestly with your doctor about whatever questions or concerns you have about your health or the health of your baby.

For more information call:

1-800-367-2229

NC Family Health Resource Line

