

How to Support the Pregnant & Postpartum Women in Your Life

1



Take Care of Yourself

You can't take care of others well if you're not healthy physically, mentally and emotionally. Go to your doctor checkups. Connect with friends or find a support group to talk with others who are going through the same things. The Malone Center has a Father/Partner support group that is free and open to all. For info call 402.474.1110.

2

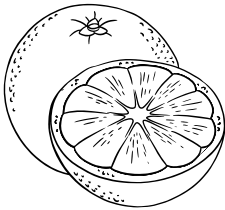


Be There for Her

Talk about feelings and expectations, make time for each other, attend prenatal appointments, go to birth classes together, learn about pregnancy and post-partum care, and take a breastfeeding class with your partner. Here is a list of pregnancy and newborn resources in Lincoln.



3



Prioritize Healthy Habits

Make healthy choices together, encouraging a balanced diet and staying active. Quit smoking, avoid alcohol, exercise together and make sure she's getting enough rest and taking prenatal vitamins. Here you will find family nutrition programs in Lincoln to support family food needs.



4



Offer Practical Help

Help with household chores, offer to run errands, help with packing the hospital bag, prepare the home for baby's arrival, and help with childcare if there are other children. If she does not have health insurance, visit this page for options and where to go for assistance.



5



Provide Emotional Support

Let her express her feelings and worries without interruption or criticism. Be patient and offer reassurance. If she is struggling with anxiety or depression, encourage her to seek help. This webpage has a list of therapists in Lincoln who specialize in perinatal mood disorders.

