



Preparing Your Home and Community

PART OF Preparing for Birth and Beyond:
Postpartum Checklists for Parents Living with HIV

Congratulations on your little one(s)! The postpartum period can be a beautiful time, and an overwhelming one. A solid network of supportive people can work wonders for your healing after birth and your adjustment to life with your baby.

You deserve to have all the care and support you need!

Questions when you see a new provider:

- ☐ Are you familiar with the latest HIV care and treatment guidelines for pregnant people, including support for infant-feeding decision-making?
- ☐ Do you know about the [National Perinatal HIV Hotline](https://www.thewellproject.org/national-perinatal-hiv-hotline) (1-888-448-8765)?
 - A federally funded phone line staffed by experts, offering free clinical consultation and referrals to providers caring for people living with HIV during and after pregnancy and/or their newborns
- ☐ What will I need to feel safe and comfortable recovering at home with the new baby?
 - Comfortable clothes
 - Postpartum recovery items (ice packs, disposable underwear or pads for bleeding, witch hazel to relieve inflammation, etc.)
 - Infant care, feeding, and diapering supplies
 - If you give birth in a hospital or birthing center, be sure to **take home as many of the supplies available there** (sanitary pads, perineal rinse bottles, disposable bed pads, diapers, and more) as you can. Those supplies are there for new parents like you
- ☐ Forming a support “circle” – who can I rely on to support me with:
 - Bringing or making nourishing food
 - Being a good listener when I need it
 - Holding baby when I need a break
 - Helping with chores around the house
 - Helping me stay consistent with taking my medications and giving baby medications
 - Their own wisdom about birth/babies
 - Rides to appointments
 - Finding or providing child care
 - HIV-knowledgeable infant-feeding support
- ☐ Can I connect with other new parents living with HIV (and those who care for them)?
 - Email to join the BEEBAH Resource Group on Facebook for supportive community, encouragement, potential referrals: BEEBAH@thewellproject.org
 - Read more about the group from a past facilitator
 - Ask a case manager about peer programs
- ☐ What if I need to switch providers?

Scan this QR code or visit bit.ly/LaborBirthBeyondHIV to view the full postpartum resource, including links to more information.

