**What to Expect After Delivery**

*Community Education Presentation*

**Presenter’s Agenda**

**Insert Date of Presentation**

**Insert Time of Presentation**

**Insert Location Information**

|  |  |  |
| --- | --- | --- |
| Timing | Topic | Description |
| 5 minutes | **Welcome, Introduction & Overview of Agenda** | * Introduce self, organization, and experience with topic
* Review the three key ideas that attendees will know at the end of the presentation
* Briefly review the agenda or timing
 |
| 10 minutes | **Presentation of Information** | * Provide information focusing on the three key ideas:
	+ Changes in your body after delivery
	+ Emotional changes after deliver
	+ What to expect during postpartum care
 |
| 6 minutes | **Engagement Activity** | * **Think-Pair-Share**: What can you do to help prepare yourself for the physical and emotional changes that can occur after delivery?
* **Group Discussion:** Was there anything you learned today about changes after delivery or postpartum care that surprised you?
* **Reflection:** Who will you reach out to if you have questions or need assistance with baby blues or postpartum depression?
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| 4 minutes | **Local Resources** | * Facilitator shares some local resources that are available
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| 5 minutes  | **Wrap-Up** | * Participants pose questions and the presenter responds
* Presenter thanks the attendees and concludes the gathering
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