**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? |
| 4 minutes | **Local Resources** | * Facilitator shares some local resources that are available |
| 5 minutes | **Wrap-Up** | * Participants pose questions and the presenter responds * Presenter thanks the attendees and concludes the gathering |

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Published in 2022. To learn more about the MHN, please visit our website at [www.maternalhealthnetworksb.com](http://www.maternalhealthnetworksb.com).