

HALT offers the Postpartum Care Program and other evidence-based chronic disease interventions through an accessible online platform, designed to provide equitable and affordable access to life-saving health education and promotion.



Postpartum Care

The Postpartum Care program equips new mothers with essential tools for their postpartum journey. It includes core lessons as well as microlessons on topics from birthing preparation to balancing self-care with infant care. Participants will build confidence, create connections, and learn to foster a supportive community for a healthier transition to motherhood for both mother and baby.



**13 Lessons with
38 Micro Lessons**

Sample Lessons

- **Preparing for Birth**
- **Birth**
- **Feeding Your Baby**
- **Infant Sleep**
- **Nutrition Postpartum**
- **Postpartum Depression and Anxiety**
- **Physical Activity**
- **Going Back to Work**

**This program is
customizable!
You choose the duration
and content to best serve
your populations.**