



MOTHER MATTERS

The right of women with disabilities to motherhood

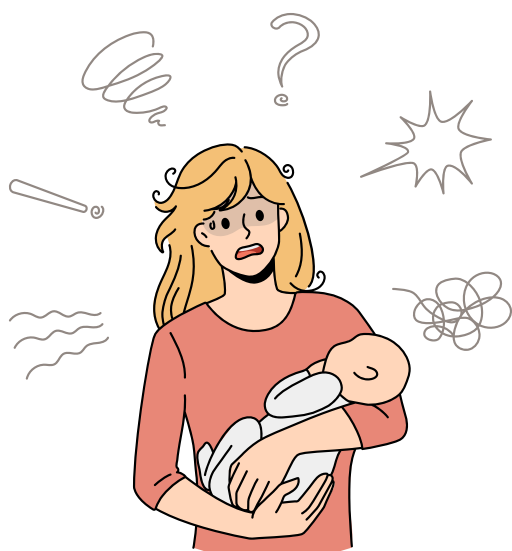
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INFORMATIVE PILLS

Informative pills provide brief explanations related to disability studies, accessibility for healthcare professionals, and motherhood for women with disabilities. They are based on a microlearning approach, a learning methodology that divides content into short units focused on a single topic or skill.

- BECOME PARENTS -

POST-PREGNANCY



The postpartum period is the recovery time for mother and child after birth. It is also a process of physical and mental transformation. The first 10 days are known as the "early postpartum period" and are the most important for your recovery: gradual healing of all the traumas received during childbirth begins, hormone levels are regulated, etc...

For women with disabilities, post-partum is a challenging period because a new set in daily life is needed: you have to know your child and adapt your habits/house/commitments.

Always remember get informed about the services on your territory and ask for help to healthcare professionals, social workers and educative staff.



During this period, you will build a strong bond with your baby. This is also the time during which you should also take care of your mental health. After giving birth, some women suffer from the so-called baby blues or even depression. During the postpartum period, your body begins to gradually return to its pre-pregnancy state. Healthcare professionals will help you cope with the new challenges, do not be afraid to talk to them. Fathers can also benefit from visits to the doctor. In the postpartum period, doctors are usually of help to the young father as well. Fathers also have their concerns, which professionals can help them deal with. With the birth of the child, fathers also enter a completely new stage of their lives, filled with new responsibilities and concerns.

It is not possible to predict exactly when your period will resume after childbirth. If you are not breastfeeding, your first period may appear after about 8 weeks. However, if you are breastfeeding, it may take a few weeks longer or even months.

Attention!

Immediately after giving birth, it is possible to get pregnant again. Therefore, you should always use contraceptives during sexual intercourse. It is possible to get pregnant while breastfeeding - breastfeeding does not prevent pregnancy.

