Ask mothers what THEY need and value in the 4th Trimester
Our mission is to transform the lived experience of the 4th Trimester through a national movement to spark real, sustained change for women and their families at individual, community, and national levels.

@4thTriProject  @4thTriProject  @4thTrimesterProject
4th Trimester PCORI Team

Sarah Verbiest
Center for Maternal Infant Health

Ben Goodman
Durham Connects

Miriam Labbok
Carolina Global Breastfeeding Institute

Monica Simpson
SisterSong

Alison Stuebe
UNC Ob/Gyn

Kristin Tully
Carolina Global Breastfeeding Institute
Stakeholder Engagement
We need to reframe the discussion for infant sleep. It’s about the woman’s quality of life too.
4th Trimester Bodies Project

PARENTHOOD. POLITICS. POSITIVITY.

http://www.4thtrimesterbodiesproject.com
I didn’t get any information or suggestions from my provider about weight gain and loss. I got judgment.
My physical recovery had a lot of bladder incontinence – I kept thinking, ‘I am never going to be able to feel the need to pee again.’
If I score too high on the EPDS, will they send me to an institution? Are they going to take my baby away?
Not wanting to have sex can be a strain on a marriage and not all men understand it... And the way a physician says ‘can’ doesn’t mean ‘should.’
EPISODE #48
THE PARENTS' GUIDE TO DOING IT

January 21, 2015 by Hillary + 259 Comments
Tags: Dan Savage, Jane Marie, miscarriage, pelvic pain, relationships, Sex + Parenthood Series