

# FEEL EMPOWERED

Throughout your pregnancy, you've probably taken many steps to ensure a healthy delivery for your baby. Perhaps you've changed your diet, been vigilant about prenatal care appointments, or adopted a healthier lifestyle. But now, a new maternal safety initiative is helping ensure a healthy delivery for **new moms** as well.

**FOR PROVIDERS**, it involves acknowledging patients' concerns and taking the following steps to ensure maternal health and safety:

**STOP**

If a woman says that she does not feel well, or believes something is wrong, it is time for the clinician to stop and not assume that these are typical complaints all new mothers experience.

**LOOK**

Conduct an examination to be sure there are no evolving problems.

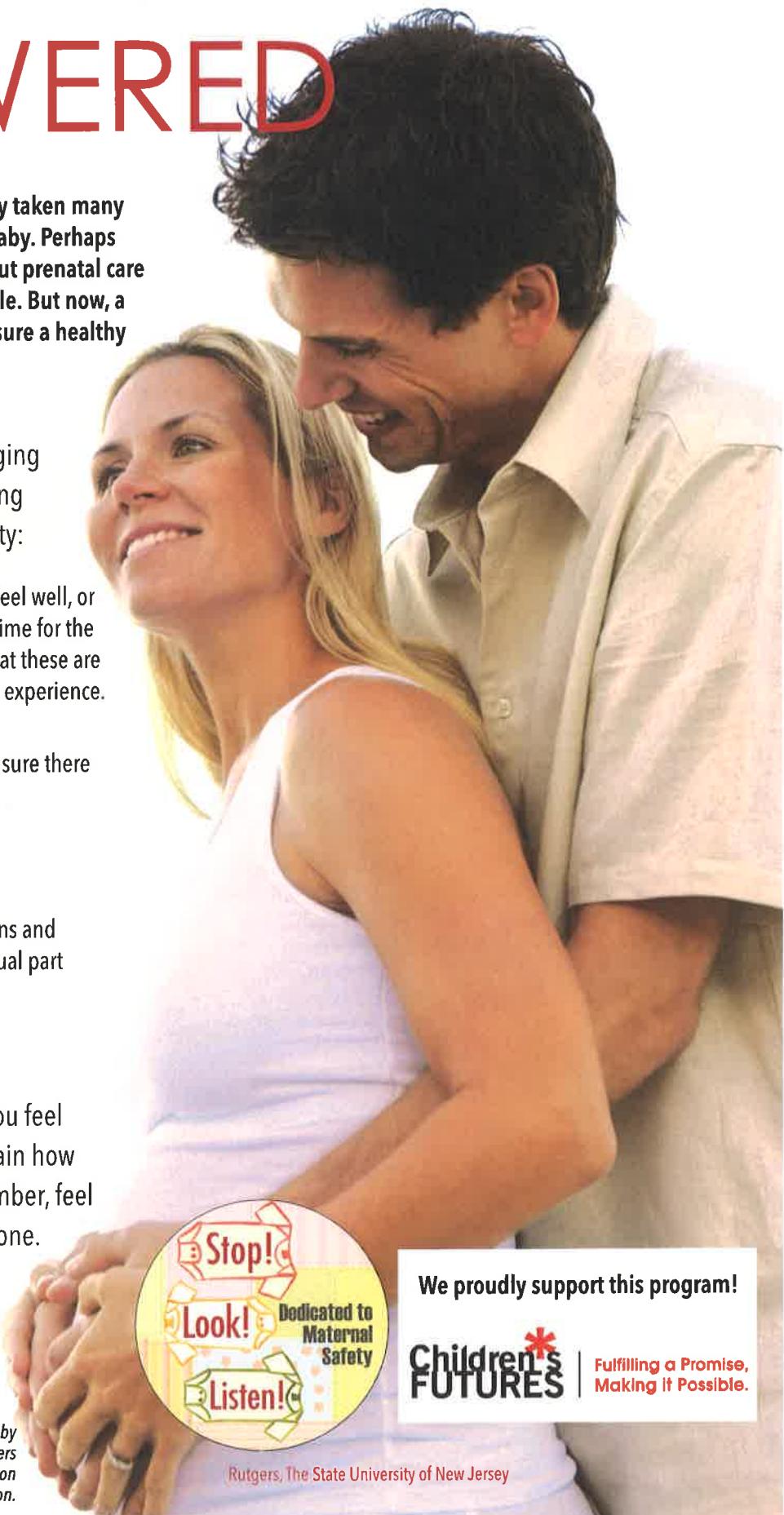
**LISTEN**

Hear the woman's concerns and never consider them a usual part of just having a baby.

**FOR YOU**, it means speaking up when you feel something is wrong. Ask questions. Explain how you feel. If you're a spouse or family member, feel free to speak up on behalf of your loved one.

Voice your concerns.  
Be an active participant  
in your care.

*The Stop! Look! and Listen! campaign is co-sponsored by Rutgers Robert Wood Johnson Medical School, Rutgers New Jersey Medical School, Robert Wood Johnson University Hospital, and The Tara Hansen Foundation.*



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