



CALM NEW MOM · DR. JANA RUNDLE, PSY.D., PMH-C

Fourth Trimester *Support Guide*

How to build your village and find your people in the tender first months.

THE FOURTH TRIMESTER

You were never meant to do this *alone*

Your baby's first three months are one of the biggest adjustments a body and a life ever go through. For most of human history, a new mom was surrounded, fed, and held while she healed. Modern life scattered that circle, so now we build it on purpose. The work of this guide is simple: help you line up your people before you are too tired to ask.

“In many cultures, new moms are surrounded by support for the first forty days. Here, we have to create that village intentionally.”

Kimberly Ann Johnson, author of *The Fourth Trimester*

THE FIVE KINDS OF SUPPORT YOU NEED

- ◇ **Emotional.** Someone who listens without fixing or judging. One person you can call at 2am.
- ◇ **Practical.** Hands for the ordinary load: meals, laundry, groceries, an hour so you can shower or sleep.
- ◇ **Informational.** Steady guidance on feeding, sleep, and what is normal, from people who actually know.
- ◇ **Professional.** Your medical and mental health providers, lined up before a hard day arrives.
- ◇ **Peer.** Other parents in the thick of it, who make you feel less alone and less strange.

When someone asks how they can help, **have an answer ready**

Most people mean the offer and simply do not know what you need. Naming one concrete thing turns a vague “let me know” into real relief. Try: “*Could you pick up groceries on your way over?*” or “*I would love a meal dropped off on Tuesday.*”

PROFESSIONAL & PEER SUPPORT

Know who to call *before* you need them

You do not have to assemble every one of these. Pick the two or three that fit your recovery, and save their numbers in your phone now, while things are calm.

PROFESSIONAL SUPPORT

PROVIDER	HELPS WITH	WHEN TO REACH OUT
Postpartum doula	Practical and emotional support at home	Line up before birth
Lactation consultant	Feeding pain, latch, and supply	Within 48 hours of a problem
Pelvic floor PT	Physical recovery, core and bladder	Around 6 weeks postpartum
Sleep consultant	Family sleep and gentle routines	After 4 months
Perinatal therapist	Mood, anxiety, and adjustment	The moment something feels off

VETTED ONLINE SPACES

- ♦ **Postpartum Support International.** Free facilitated meetings and a warm helpline at 1-800-944-4773.
- ♦ **The Postpartum Stress Center.** Articles and webinars written by clinicians who specialize in this.
- ♦ **Local parent groups.** Search “[your city] new moms” on Facebook or Meetup for company close to home.

SET YOUR PLAN THIS WEEK

- ☐ Name three people you can call at 2am.
- ☐ Assign the specific jobs: groceries, laundry, meals.
- ☐ Save your providers' numbers in your phone now.
- ☐ Schedule your own postpartum check-ins with your OB or midwife.

If the days feel heavier than they should, you do not have to wait it out alone. The **National Maternal Mental Health Hotline** is free, confidential, and open 24/7: call or text **1-833-852-6262**.

Your next step can be *a small one*

Wherever you are today, there is a next step that fits. Pick the one that feels doable right now.

START TONIGHT • FREE

A 4-minute postpartum check-in

In “What do I need today?”, Dr. Jana Rundle helps you pause and name what you need right now. Watch it on your phone during a feed. No account needed.

calmnewmom.com/check-in



Scan to watch

TALK WITH SOMEONE

You don't have to sort this out alone

Already seeing a therapist, midwife or doctor? Bring this guide to your next visit and point to what stood out.

Looking for support? Dr. Jana Rundle is a licensed psychologist and certified perinatal mental health specialist. She sees new parents by secure video in Texas and many other states through PSYPACT.

calmnewmom.com/book

If you need someone right now

National Maternal Mental Health Hotline, 24/7

call or text 1-833-852-6262

Postpartum Support International helpline

1-800-944-4773

Thoughts of harming yourself or your baby

call or text 988, or 911

FOLLOW DR. JANA short, practical videos for new parents

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