

b. Your Body after Pregnancy

MODULE 8

During the first six weeks following your baby's birth, your body goes through many changes. Here are a few.



Remember that you were pregnant for nine months. It takes a while for your body to recover and feel "normal" again.

Most women have a postpartum checkup about six weeks after giving birth. This checkup gives you a chance to talk to your health care provider about your questions and your concerns. This is a good time to talk about birth control.