

Mama's Game Plan

Q&A • MOTHERLY

It's about time that moms get the respect, and support, that they deserve during the life-changing postpartum period. We've collected the best advice from real-life moms to help you arm yourself for what's ahead.

Healthcare

Did pregnancy feel like going into battle with healthcare providers and insurance companies? Yeah, we totally felt that too. In this arena, knowing what you're up against will help you get prepared for postpartum and get your recovery on track (we know—you have to do everything around here).

Here are our top five ways to take your healthcare into your own powerful hands.



GET YOUR ORGANIZATION ON, MOM.

Check with your healthcare provider to find out exactly what your insurance will pay for. Then make notes about out-of-pocket costs so you aren't too surprised later.

ASK QUESTIONS.

Call your insurance provider on what services and support are available during pregnancy and postpartum so you can get pumps and lactation consultants covered.

PENCH YOURSELF IN.

Schedule an appointment with your healthcare provider for when you've given birth so an appointment to have on your recovery and baby's.

MILE ENDORSEAS.

Think about situations considered if you're planning on breastfeeding, and check if they take your insurance. Find out where to find a good fit for the best breast pump for your plan to start.

NERD IT UP.

Read up on pain-free exercises and get spending in preparation for the big day.

Community

If motherhood feels a lonely, it's time to tap into your support network and get all the hands-on help or late-night cheerleaders you deserve. Here's a 5-step checklist to help you find your village.



START THE CHAT WITH FRIENDS WHO'VE HAD BABIES.

Their support is like a search engine in human form—they've been there, done that, and have a ton of wisdom to share.

FIND A NEW MAMA TRIBE.

We love apps like Peanut, and don't miss out on your local parenting Facebook groups either. You'll find info, support, and maybe some much-needed comic relief.

CALENDARIZE YOUR SELF-CARE.

Those hangovers with your postpartum? Mark them down with non-negotiable appointments that are.

CHECK AN ONLINE COMMUNITY THAT JUST GETS IT.

Like Mama Glow. Explore their website and meet up to help you reclaim your birth process and your postpartum self.

OPEN UP THE COMMUNICATION LINES.

Go down with your partner and discuss for an hour or two about what support looks like to you, and form a game plan together.

Structural Support

When the baby bug descends, it can be tough to research and advocate for yourself. So here's the game plan. Let's get to know your rights.



CHECK YOUR RIGHTS.

Get on your state's website and make notes on exactly what you're entitled to in terms of leave, healthcare access, and postpartum rights. Pretty painful, we know, but knowing the rules goes a long way with any dispute.

GET THE 401 FROM YOUR EMPLOYER.

Get out their negotiating glass and their policy manuals. What's their play for maternity leave? Is it on par with state rules?

GET YOUR PARTNER INVOLVED.

Does their employer offer any leave? How will you organize those first weeks for the smoothest possible transition into parenthood?

GET FAMILIAR WITH THE PUMP ACT.

It's not just a random acronym—the good legal framework for nursing support. Get the lowdown, know your rights, and check your employer's duty.

HAVE THE TALK.

Schedule a chat with your employer to talk about your leave, employment details, and anything else that's on your mind, mama.

Tech

When it comes to spreading the motherload, we love to see technology supporting your smart, powerful body. Not sure where to start? Here's our advice on how to gear up, plug in, and close the postpartum period who's boss.



THINK STREAMLINING, NOT STACKPILING.

Before you go all in on every gadget going, think about what's actually gonna serve you. Backup pump? App? Baby monitor? Put the gear to match your mama thought.

TRACK DOWN THE TECH THAT'S GOT YOUR BACK.

Think about what's important in each item, read reviews, and factor in payment plans, delivery times, and warranties.

USE WHAT YOU GOT.

Need white noise? Screen alerts to remind you about the next doctor's appointment? We've been there, so here's the secret: as your smartphone can likely handle a lot of those new needs.

GET SMART WITH SUBSCRIPTIONS.

Think beyond hardware—there's an online subscription service for most postpartum essentials these days. Check the monthly, stream, automate the trial so you can focus on the postpartum.

STRUGGLING TO KNOW WHAT YOU NEED?

Chat with your mom friends or check out our panel from the Equating Lounges at CES 2024 for more ideas on how tech can support you.

So that's the game plan, mama. Now it's your move. We can't say there won't be tough days, but we know you're tougher. Whenever you need a pick-me-up or a little push, remember: We've got your back, every step of the way. Let's show the world what mama-powered looks like.

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