

Returning to Duty Postpartum



Balancing family life
with your career goals
is possible – *Access
the Postpartum
Return to Duty
Transition Guide!*



Meet your
goals for...

**PHYSICAL & MENTAL
HEALTH**

by knowing the

POLICIES & RESOURCES

available to you

The ***Postpartum Return to Duty Transition Guide*** helps new mothers plan their return to service. By understanding the Navy's policies for mothers and the resources in place to support them, you can set a plan that **puts you and your family first**.

ACCESSING THE GUIDE

Follow this link and navigate to the
Pregnancy & Postpartum Tab:

<https://www.med.navy.mil/Navy-and-Marine-Corps-Force-Health-Protection-Command/Womens-Health/default/>

OR Scan this
Quick Response
Code



TOPICS INCLUDED IN THE GUIDE

- PT expectations
- Exercise after pregnancy
- Contraception after pregnancy
- Breastfeeding
- Postpartum blues and depression
- Postpartum deployment
- Breastfeeding while deployed
- Navy and Marine family support resources
- Mobile apps for new moms