



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.

Called the *Stop! Look! and Listen!* campaign, it encourages you and your loved ones to speak up when you think something is wrong.

Ask questions. Explain how you feel.

The Stop! Look! and Listen! campaign is co-sponsored by Robert Wood Johnson Medical School and New Jersey Medical School, both part of Rutgers, The State University of New Jersey; Robert Wood Johnson University Hospital, an RWJBarnabas Health facility; and The Tara Hansen Foundation.

Focusing on
SAFE
Deliveries



Stop! Look! and Listen!
A Maternal Health and
Safety Initiative

Despite advances in medicine, maternal health and safety remains a serious issue in the United States. But together with your health care team, you can be part of the solution!



Let's face it: you are the only person who knows exactly what you are feeling at any given time. So when it comes to childbirth and recovery, your input is essential in letting your health care providers know when something just isn't right.

In many cases, what you are feeling may simply be a normal part of childbirth and recovery, but there are times when it could signal something more serious.

Voice your concerns. Ask questions. Let your doctor, nurse, midwife, or other health care provider know if there's a problem.

If you're a spouse or family member, feel free to speak up on behalf of your loved one.

Your concerns are the essential trigger for the *Stop! Look! and Listen!* maternal safety initiative.

Providers Committed to This Campaign Will:

STOP!

If a woman says she does not feel well, or believes something is wrong, it is time for the health care team to stop everything to address those concerns. They must not assume the issues are "typical" complaints that all new mothers experience.



LOOK!

Conduct an examination to be sure there are no evolving problems, such as an infection or other serious medical condition.



LISTEN!

Listen closely to what the woman is experiencing, in her own words. Hear her concerns, and never consider them a usual part of just having a baby.

