

By: Howard

H.R. No. 593

R E S O L U T I O N

1           WHEREAS, Our health care system is designed to provide  
2 regular prenatal care and health checks to women throughout the  
3 duration of pregnancy, and yet comparatively little attention is  
4 given to the period after a mother gives birth; and

5           WHEREAS, The first three months following the birth of a baby  
6 is a time of substantial transformation and adaptation for new  
7 mothers, who simultaneously experience physical, hormonal, and  
8 psychosocial changes as well as shifting roles and  
9 responsibilities; during this period of transition, which has come  
10 to be known as the Fourth Trimester, a new mother is often afforded  
11 only a single follow-up visit, which generally occurs six weeks  
12 after the child is born; and

13           WHEREAS, The well-being of a mother and her baby are  
14 intimately connected and should be understood as mutually  
15 beneficial, with the needs of one considered in the context of the  
16 needs of the other; because the first few years are crucial to a  
17 child's development, it is especially important that new mothers be  
18 given adequate support as they welcome a new baby into their lives;  
19 and

20           WHEREAS, During the Fourth Trimester, mothers may suffer from  
21 physical and mental health issues that far too often go undiagnosed  
22 and untreated; some mothers report problems with breastfeeding,  
23 exhaustion, sleep difficulties, headaches, infections, and  
24 physical trauma symptoms resulting from childbirth; according to

1 the Centers for Disease Control and Prevention, an estimated one of  
2 every nine mothers in the United States experiences symptoms of  
3 postpartum depression, and other mental health issues can manifest  
4 as stress, anxiety, or even rage; these feelings can impact the  
5 mother's ability to provide child care and to make a full return to  
6 the workforce and other activities; and

7 WHEREAS, Statistics show that fewer than 25 percent of  
8 mothers are able to achieve the recommended six months of exclusive  
9 breastfeeding, which can be attributed in part to a lack of access  
10 to paid maternity leave, negative attitudes toward nursing in  
11 public, and a lack of workplace accommodations for breastfeeding  
12 mothers; recent studies showed that nearly a quarter of employed  
13 women return to work within two weeks of having a child, even though  
14 tissues can require six weeks to fully heal after childbirth; and

15 WHEREAS, It is vital that a mother receive the mental,  
16 physical, social, and economic support she requires to successfully  
17 transition through the many challenges she may face in the  
18 postpartum period, and states across the country are recognizing  
19 Fourth Trimester Care Day as a means of bringing greater attention  
20 to the need for maternal health and wellness during that critical  
21 time; now, therefore, be it

22 RESOLVED, That the House of Representatives of the 88th Texas  
23 Legislature hereby recognize September 23, 2023, as Fourth  
24 Trimester Care Day, and encourage all Texans to learn more about the  
25 importance of postpartum care.