

SENATE RESOLUTION NO. 350

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

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

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

WHEREAS, During the Fourth Trimester, mothers may suffer from physical and mental health issues that far too often go undiagnosed and untreated; some mothers report problems with breastfeeding, exhaustion, sleep difficulties, headaches, infections, and physical trauma symptoms resulting from childbirth; according to the Centers for Disease Control and Prevention, an estimated one of every nine mothers in the United States experiences symptoms of postpartum depression, and other mental health issues can manifest as stress, anxiety, or even rage; these feelings can impact the mother's ability to provide child care and to make a full return to the workforce and other activities; and

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

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

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

Alvarado, LaMantia, Zaffirini

President of the Senate

I hereby certify that the above Resolution was adopted by the Senate on March 28, 2023.

Secretary of the Senate

Member, Texas Senate

Member, Texas Senate

Member, Texas Senate