

## Ep. 47: Preparing for the 4th Trimester

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Kimberly Harper, MSN, RN, MHA of The 4th Trimester Project and the University of North Carolina Collaborative for Maternal and Infant Health joins host Chris Stallman, CGC to discuss preparing for the critical weeks after getting home from the hospital with a newborn, also known as “the 4th trimester.”

Resources mentioned during the podcast include:

New Mom Toolkit: <https://newmomhealth.com/>

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