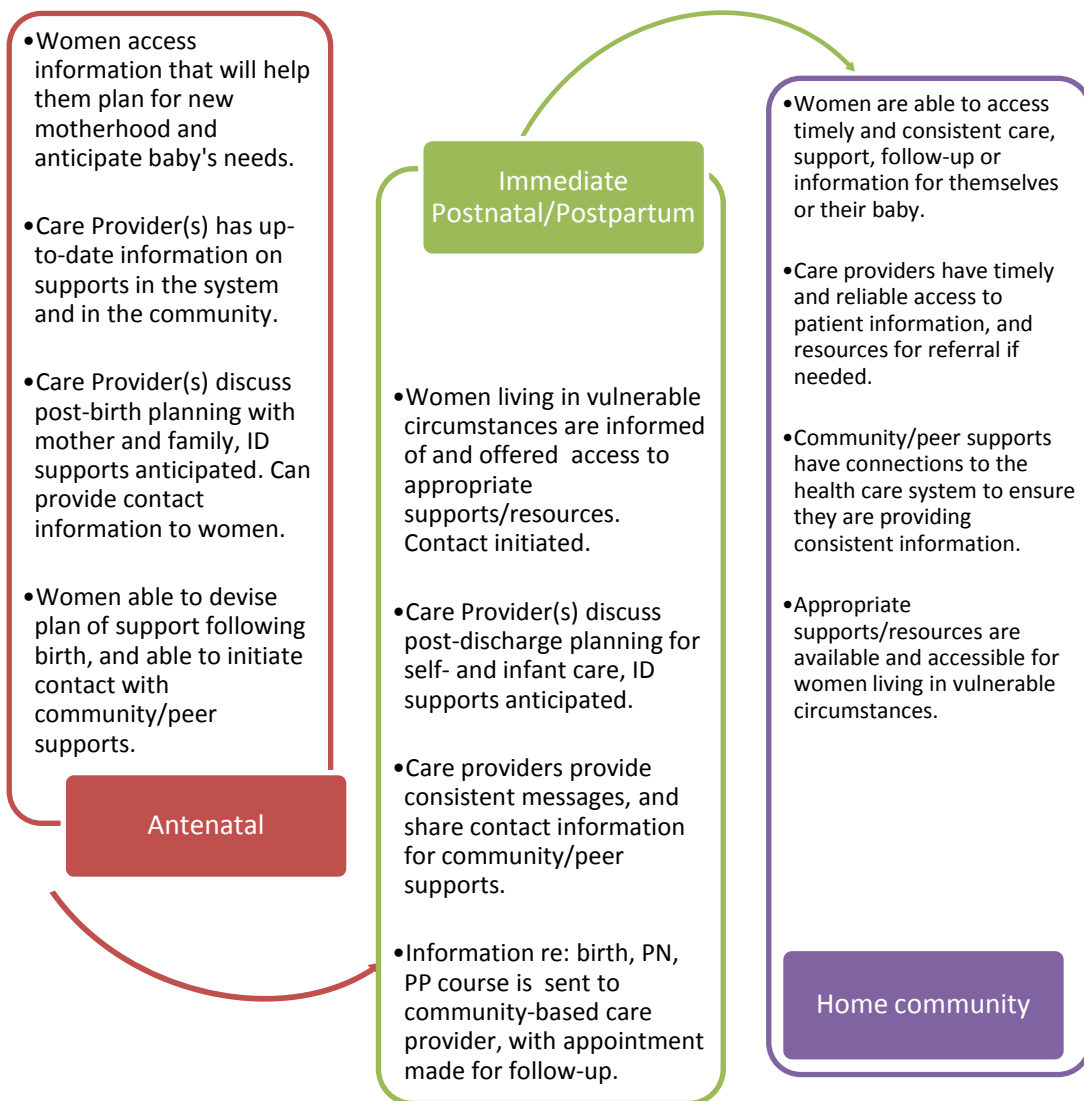


## Illustration of Optimal Perinatal Care



The above depiction suggests optimal organization of care and communication throughout the perinatal continuum. There are several processes involved in creating an integrated continuum of postpartum/postnatal care for mothers, newborns and families. **Antenatally**, women require access to credible information about post-birth care from clinicians who can help them navigate community resources. Such anticipatory guidance supports mothers and families to create post-birth care plans, understand and create systems of support, and enhances mothers' readiness for newborn care and the transition from hospital to home. In the **immediate postpartum/postnatal period**, mothers, newborns and families, particularly those who are vulnerable, require access to services and supports with consistent messaging between providers and communication of relevant information between all care settings (i.e. in hospital, with PH, with PHC and with community resources). Once **home**, mothers and newborns, particularly those living in challenging situations or with reduced health literacy, require timely access to follow-up care and credible information about resources. Care providers should work collaboratively to create seamless, integrated systems of care supported by good communication.