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**Things to Know about Maintaining Healthy Relationships After Delivery**

**3**

Healthy relationship with your **support system**

*Healthy relationships with others often have 12 key characteristics:*

1. *Communication*
2. *Boundaries*
3. *Consent*
4. *Trust*
5. *Honesty*
6. *Independence*
7. *Equality*
8. *Support*
9. *Responsibility*
10. *Healthy conflict*
11. *Safety*
12. *Fun*

Healthy relationship with your **community**

*Being active with your community after delivery is crucial for the wellbeing of you and your baby. This can include a activities such as:*

* *Time with extended family, friends, or neighbors regularly*
* *Parent support groups*
* *Community activities*
* *Church*

**2**

**1**

Healthy relationship with **yourself**

*Healthy relationships start with you. In order to have a healthy relationship with yourself, you must prioritize:*

* *Regular self-care*
* *Ongoing social, physical, intellectual, character, emotional, and spiritual development.*

**3**

This information is made available in part by support from the Maternal Health Network (MHN) of San Bernardino County in partnership with **[insert partner name]**.

To learn more about the MHN, please visit our website at [www.maternalhealthnetworksbc.com](http://www.maternalhealthnetworksbc.com).

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