



Our goal with Mom and Baby Connected is to improve postpartum outcomes and to increase patient access to care and support.

How it works

Our program includes three virtual, educational sessions with other patients who are at the same point during pregnancy as you are, and who are also receiving care at Brigham Obstetrics and Gynecology Group.

What we offer

First Trimester Session (approximately 6-14 weeks)

Offered the 4th Friday of the month from 8 am to 9 am. Focused on routine pregnancy information and management of prenatal care.

Delivery Prep Session (approximately 30-36 weeks)

Offered the 1st Friday of the month from 8 am to 9 am. Focused on preparing patients for the labor and birth experience, and postpartum period.

Postpartum Support Session (approximately 1-4 weeks postpartum)

Offered the 2nd Friday of the month from 8 am to 9 am. Focused on postpartum recovery, emotional support and providing resources.

Common topics

- When and how to reach your provider
- Overview of prenatal care
- Pregnancy self-care and expectations
- Labor and delivery unit policies
- Stages and interventions during labor
- Breastfeeding
- Emotional support
- Postpartum recovery and nutrition
- Postpartum birth control methods
- Transition to primary care

Mom and Baby Connected

A program which supports pregnant patients from delivery through the postpartum period.

Brigham Obstetrics & Gynecology Group

To register for these sessions, email us at bwhboggobgynclinic@mgb.org. This email is for class registration only. For urgent clinical needs please call the office directly at 617-732-9100.