

# SpeakUp™

## Distribution Guide – Speak Up™ For New Parents



This distribution guide is intended to help care providers in different care settings educate their patients and patients' loved ones about preparing for a safe delivery and recovering from childbirth using the Speak Up™ For New Parents resources.

### Hospitals:

- Post the infographic in your waiting room, examination rooms, consultation rooms, labor and delivery rooms, and patient rooms.
- Include the infographic in admission packets for labor and delivery patients.
- Play the video in waiting rooms, patient rooms, and labor and delivery rooms.
- Share the infographic with attendees to your organization's birthing and breastfeeding classes.
- Hang the infographic in your ultrasound rooms.

### Ambulatory Care Facilities:

- Provide the infographic to prospective parents in informational packets.
- Display tabletop versions of the infographic as reading material in waiting rooms.
- Include the infographic and video in any patient newsletters or other external informational or promotional materials.
- Play the video in waiting rooms or run the video on patient televisions in examination rooms.
- Provide the infographic at any welcome desk for relevant patients and visitors.
- Share the infographic with attendees to your organization's birthing and breastfeeding classes.
- Hang the infographic in your ultrasound rooms.

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## **Behavioral Health Care Settings**

- Supply the infographic in informational packets to your inpatient population.
- Email the video or infographic to prospective parents receiving outpatient therapy.
- Share the infographic during in-person therapy sessions.
- Display tabletop versions of the infographic as reading material in waiting rooms.
- Include the infographic and information about accessing the video on Vimeo in any patient newsletters or other external informational or promotional materials.