
THE GENERAL ASSEMBLY OF PENNSYLVANIA

SENATE RESOLUTION

No. 298 Session of
2024

INTRODUCED BY CAPPELLETTI, COLLETT, MUTH, SCHWANK, TARTAGLIONE,
STREET, HAYWOOD, FONTANA, KANE AND SANTARSIERO, MAY 28, 2024

REFERRED TO RULES AND EXECUTIVE NOMINATIONS, MAY 28, 2024

A RESOLUTION

1 Designating May 26, 2024, as "Fourth Trimester Care Day" in
2 Pennsylvania.

3 WHEREAS, The current practice of our health care system is to
4 provide focused care during pregnancy and birth, with weekly
5 checkups in the final weeks of gestation, yet a new mother is
6 often afforded a single follow-up visit, generally six weeks
7 after the baby is born; and

8 WHEREAS, It is understood that a child's healthy development
9 for the first few years of life is a crucial factor in creating
10 positive outcomes for the rest of the child's life; and

11 WHEREAS, The well-being of mother and infant are intimately
12 connected and therefore rather than treat them as separate
13 entities, their care should be understood as mutually
14 beneficial, with the needs of the one considered in the context
15 of the needs of the other; and

16 WHEREAS, A mother undergoes a period of substantial
17 transformation and adaptation, particularly through the first
18 three months of motherhood, simultaneously experiencing

1 physical, hormonal and psychosocial changes as well as shifting
2 roles and responsibilities; and

3 WHEREAS, This period of transition should be recognized as
4 the Fourth Trimester, a time during which mothers are deserving
5 of care in their own right; and

6 WHEREAS, Mothers may suffer a number of physical health
7 issues during the Fourth Trimester that far too often go
8 undiagnosed and therefore, untreated; and

9 WHEREAS, Some of the health issues mothers have reported
10 experiencing include breastfeeding problems, infections,
11 physical exhaustion, sleep loss, depression and stress, anxiety
12 and rage, loneliness, frequent headaches, heavy bleeding,
13 backache, weight control, pelvic and coccyx pain, urinary and
14 fecal incontinence, diastasis recti, pelvic organ prolapse, scar
15 tissue pain from either cesarean, episiotomy or natural tearing,
16 hemorrhoids, pubic symphysis separation and painful intercourse;
17 and

18 WHEREAS, Physical issues resulting from childbirth can also
19 affect the mental health of new mothers and, in turn, their
20 ability to provide care and nurturing for their babies as well
21 as a full return to the workforce and activity engagement; and

22 WHEREAS, According to the Centers for Disease Control and
23 Prevention, about one in nine mothers in the United States
24 experience symptoms of postpartum depression and anxiety; and

25 WHEREAS, All major medical organizations recommend six months
26 of exclusive breastfeeding, recognizing that the practice of
27 breastfeeding is associated with positive health outcomes for
28 both mother and infant; and

29 WHEREAS, Only 21% of mothers are able to achieve the
30 recommended six months of exclusive breastfeeding, a statistic

1 that results, in part, from social constraints, including unpaid
2 maternity leave, negative attitudes toward nursing in public and
3 lack of workplace accommodations for breastfeeding mothers; and

4 WHEREAS, Twenty-three percent of employed mothers have to
5 return to work within 10 days postpartum despite evidence
6 supporting tissue healing requires six weeks thus, compounding
7 health issues and making it even more difficult to fulfill all
8 of their roles and responsibilities; and

9 WHEREAS, For the sake of the health and well-being of both
10 mother and infant, a mother should receive the mental, physical,
11 social and economic support she needs to successfully transition
12 through this all-important, consequential Fourth Trimester
13 period; therefore be it

14 RESOLVED, That the Senate designate May 26, 2024, as "Fourth
15 Trimester Care Day" in Pennsylvania.