



The fourth trimester is the first three months in your newborn's life. Fourth Trimester Care is centered around the well-being of the child and family as a unit. It is a unique period where the health of the infant and health/recovery of the birth parent greatly impact the start of family life and establishment of the new family dynamics. We strive to support families through this transitional time.

What Can I Expect from Fourth Trimester Care?

During Fourth Trimester Care, we focus on assessing and managing postpartum issues related to the birth parent after a vaginal or surgical birth. In addition, the provider serves as the baby's pediatrician for routine well checks.

Common issues addressed during the postpartum weeks include: breastfeeding complications, mood disturbance, post-birth trauma, insomnia, pelvic floor dysfunction and persistent fatigue.

These and other conditions may arise for many new birth parents weeks after the infant's birth. Providing early and effective interventions can help the family and baby stay on track and focus on their needs as a family.

Your newborn is adapting to life outside of the womb. Every infant is affected by this transition differently. Understanding your infant's development and growth helps parents interpret their infant's cues.

Having an experienced newborn provider and support to guide you through the steps of establishing feeding and learning the rhythm of your newborn's life can be essential for problem solving during the first months.

Newborns are learning about and adapting to their new experiences. Parents are also responding to the physical, emotional and logistical changes that having an infant introduces. We can help demystify newborn reflexes and natural parental reactions to newborn and postpartum changes.

How does Fourth Trimester Care work?

Once hospital discharge orders have been written or baby has been born, either you or a delegate (hospital, medical provider, or partner)

may call to set up the initial in-home visit for both mom and baby.

The initial visit will be scheduled for **24-72 hours after discharge** based on each family's needs, the last visit is before 2 months of age.

There are 4 routine visits scheduled, with additional visits as needed until baby is 2 months old - initial visit, 1 week well visit, 2 week well visit, 1 month well visit.

The visits are structured as a focus on the birth parent during which time we discuss postpartum recovery, assess for birth complications and educate on expected hormonal changes and breastfeeding support.

The baby is seen for a routine well check with a head-to-toe physical assessment. All necessary equipment is brought by your provider.

Your baby will benefit from home care and then **transition to in-office care at the practice of your choice at 2 months of age**. Birth parents may also transition back to the primary care provider of their choice at when Fourth Trimester services are completed. Patients are welcome to transfer into Davis Square Family Practice if space allows.

What about billing?

Each home appointment includes a well infant visit for the newborn and an in-home visit focusing on the birth parent's recovery process.

Baby will be billed/coded under a routine well infant visit for routine visit and birth parent will be billed/coded separately.

Insurance is billed as a problem based visit or lactation support based on the assessment and issues present for the birth parent. Either type of billing may be applied to the deductibles under your insurance plan.

Our office should be designated as the birth parent's primary care provider or you may need a referral from your PCP during the 2 months that Fourth Trimester Care services are provided.

Primary care designation needs to be transitioned back to birth parents provider of choice at the end of the 2 months.

Davis Square Family Practice accepts most major commercial health insurance plans. A list of many plans accepted can be found on our Frequently Asked Questions (FAQ) page at [Davis Square Family Practice FAQs](#)

Call your insurance provider before the anticipated birth of your child and confirm that one of our providers, Deborah Bershel MD, Michelle Clarke FNP, Carmen Phillips FNP or Andrea Dandridge FNP are listed as a primary care provider for your plan. Patients are responsible for

determining insurance coverage prior to care delivery and are responsible for any fees or costs not covered by insurance providers.

Please change to Davis Square Family Practice/Dr. Deborah Bershel as the PCP for the birth parent prior to birth.

If insurance is not able to be billed due to out of network status we will work with families to come up with a reasonable out of pocket visit cost.

Interested in Fourth Trimester Care?

We accept a limited number of families each month for Fourth Trimester Care services and recommend that you enroll by the seventh month of pregnancy. Please follow the link below if you are interested in enrolling in Fourth Trimester Care for you and your infant.

[Fourth Trimester Registration](#)

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