

Sara Crosby
Gorham

To Whom It May Concern:

As a first time expecting mother, I support LD 1357, An Act To Require Private Insurance Coverage for Postpartum Care. Birthgivers need additional support after childbirth and this bill would have an enormous impact on Maine families. One single 6 week checkup post delivery is not enough. Postpartum Depression, Pelvic Floor Dysfunction and Anxiety are just a few of the many issues that can affect birthgivers in the postpartum period. My own mother suffered with postpartum depression. It impacted her ability to care for and bond with me as a baby. If she had experienced more comprehensive postpartum care, the two of us many have had a healthier and more positive experience. With this bill, birthgivers can have access to the specific care they need to thrive and flourish after the birth of a baby.

Sincerely,
Sara Crosby
Gorham, Maine