Dear Birth Mother,

Thank you so much for making the brave decision to bring your baby to our Safe Haven.. You are giving your child a safe place to stay and we will give your baby the possible best care.

This had to be a very hard choice for you and we want you to know that your physical and emotional health is important to us. You may be feeling many things. You may feel relief, knowing you are giving a safe and legal place for your baby. You may feel sad. You may feel angry at having to go through this at all. All these feelings are normal.

A life event like this can cause sadness and confusion. Your feelings may continue to be strong and upsetting. If you should need medical or emotional help, go to your health care provider, nearest emergency room or local health department. If you are not sure where to go for help call the United Way Help Line at 211. (On a cell phone, dial 1-866-320-5764.) They will be able to help with that information. The back of this letter has warning signs you should look for after giving birth.

Here is what you need to know about your choice in leaving your child in the care of this Safe Haven. We call the Missouri Children's Division. They will call Family Court to get legal custody of your child. If you have questions, call the Missouri Children's Division toll-free number, **1-800-392-3738**.

Thank you, again, for the brave choice you have made.

We wish you the best,

Name of Safe Haven

Warning Signs and Symptoms
To Watch For After You Give Birth

Please seek medical attention if you develop any of the following:

- Bright red bleeding (one full maxi pad in one hour)
- Passing clots larger than a half-dollar in size
- Temperature over 100.4°F
- Sore, painful, reddened or hot area on breast(s) or in the armpit
- Fever, aches and/or chills
- Pain or burning with urinating
- Cannot urinate or empty your bladder
- Constipation that is not relieved by diet or laxatives/stool softeners
- Signs of infection such as redness, swelling, pain or bad-smelling drainage from your vagina or cesarean incision
- Swollen, red, painful area on leg (especially calf) that is warm to the touch
- Crying spells or mood swings that make you feel out of control or last longer than 10 days
- Excessive worry and/or anxiety
- Trouble sleeping, eating or taking care of yourself

For other questions call your health care provider or if it is an emergency dial 9-1-1