

# The Steady Start Protection Framework

A prevention-oriented perinatal support model

## Sleep Protection

*Sleep protection is  
mental health protection*

- overnight care strategies
- recovery sleep blocks



## Mental Health Monitoring

*Early support, not crisis response*

- anxiety or emotional overwhelm
- intrusive thoughts



## Mapping Support Networks

*Strong networks  
prevent isolation*

- partners & family
- postpartum professionals



## Escalation Pathways

*Knowing the next step*

- emerging needs
- exploring options

*Protecting sleep, supporting mental health,  
strengthening families.*

[www.steadystartperinatal.ca](http://www.steadystartperinatal.ca)

A framework for pregnancy & postpartum support — save for later

