

# 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

Structured screening, early awareness, and referral readiness

- anxiety, overwhelm, mood changes
- intrusive thoughts or provider follow-up concerns



## Mapping Support Networks

Strong networks prevent isolation

- partners and family
- postpartum professionals



## Escalation Pathways

Knowing the next step

- when concerns increase
- who to contact next

*Protecting sleep, supporting mental health,  
strengthening families*

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

A prevention-oriented support framework  
for pregnancy & postpartum care