



Leave a Rating or Review

Help more parents find the support they need

If the Fourth Trimester Podcast has supported you, one of the most meaningful ways to give back is by leaving a rating or review. It helps more parents and professionals discover trusted, evidence-based postpartum guidance.

Apple Podcasts

1. Open the podcast in the Apple Podcasts app
2. Scroll down to Ratings & Reviews
3. Tap Write a Review
4. Leave a rating and a few words about your experience

Spotify

1. Open the show page in Spotify
2. Tap the ★ rating near the top
3. Select your rating (Spotify currently supports ratings, not written reviews)

Pocket Casts

1. Open the podcast in Pocket Casts
2. Tap the podcast artwork to view details
3. Tap the ★ rating option
4. Leave your rating

Overcast

1. Open the podcast in Overcast
2. Tap the show name to view details
3. Tap Recommend
4. (Overcast uses recommendations instead of traditional reviews)

Amazon Music

1. Open the podcast in Amazon Music
2. Scroll to the show details
3. Tap Rate this podcast
4. Select your rating

A small action with a big impact

Every rating and review helps more families access the kind of support that changes outcomes in the early months with a new baby.

Thank you for being part of this community ♡