

POSTPARTUM CHECKLIST

- ✓ Schedule a time to create a postpartum plan with your partner.
- ✓ Plan on finding help to care for older children and/or pets during the first couple of weeks.
- ✓ Hire temporary help - postpartum doula, cleaning service, childcare - or ask friends and family to help.
- ✓ Stock your freezer with extra meals that can be easily thawed and prepared.
- ✓ Ask friends to set up a Meal Train or have people bring freezer meals as part of your shower.
- ✓ Identify snacks that are high protein and easy to grab, such as yogurt, cheese sticks, trail mix, protein bars, nuts, etc.
- ✓ Make sure that you have a water bottle for easy drinking during nursing.
- ✓ Set up a few baby changing stations around the house - at least one per level of your home. A basket with diapers, wipes, and a changing pad is simple and portable.
- ✓ Prepare some healing supplies: rice bag or heating pad, maxi pads for postpartum bleeding, a peri bottle, a Boppy pillow or hemorrhoid ring, sitz bath, comfortable clothes.
- ✓ Visit [amazon.com/shop/babytogo](https://www.amazon.com/shop/babytogo) for my favorite gear!

