

READY FOR POSTPARTUM

Checklist

POSTPARTUM HEALING

- GOOD PRENATAL VITAMIN
- DHA (HELP PREVENT PPD)
- THICK, HIGH-QUALITY PADS
- MESH OR BREATHABLE UNDERWEAR
- RED RASPBERRY LEAF TEA
- MOTHERS MILK TEA (IF PLAN TO BREASTFEED)
- POSTPARTUM BATH (SITZ) HERB MIX
- PERI BOTTLE
- ALCOHOL-FREE WITCH HAZEL
- COTTON PADS FOR WHICH HAZEL
- COCONUT OIL
- ABDOMINAL BINDER
- HIGH QUALITY, EASY SNACKS
- LOTS OF YOUR FAVORITE DRINKS
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POSTPARTUM SUPPORT TEAM

- TO HELP PREP FREEZER MEALS

- TO WATCH OTHER KIDS

- TO HELP CLEAN

- TO WATCH BABY WHILE YOU TAKE TIME FOR YOURSELF/SHOWER

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NOTES
