

# Postpartum essentials for mom checklist



This postpartum essentials for mom checklist provides a comprehensive list of items to ensure you are comfortable and well-supported as you recover after childbirth. From personal care and recovery aids to emotional well-being and baby care, these essentials can make your postpartum period smoother and more manageable.

## Personal care items

- Maternity pads:** Heavy-duty pads for the first few days to manage postpartum bleeding (lochia). Look for ultra-absorbent options for comfort
- Perineal bottle:** A squirt bottle to clean your perineum after delivery, which can help reduce discomfort and prevent infection.
- Witch hazel pads:** These soothing pads can help ease discomfort and promote healing of the perineum.
- Disposable underwear:** Comfortable, breathable, and easy-to-use disposable underwear to keep you comfortable in the first days postpartum.
- Nipple cream:** To soothe cracked or sore nipples during breastfeeding and promote healing.
- Breast pads:** To absorb milk leaks when your milk supply increases and to keep your clothes dry.

## Comfort & recovery aids

- Ice packs:** To reduce swelling and alleviate pain from vaginal delivery or episiotomy.
- Heating pads:** For sore muscles, cramping, or back pain that might arise postpartum.
- Perineal spray:** A gentle, soothing spray that can help with healing and provide relief for vaginal discomfort.
- Tucks pads:** These pads contain witch hazel and can be applied to the perineum for added relief and healing.

## Hydration & nutrition

- Water bottle:** Keeping hydrated is key to recovery and breast milk production. Have a refillable bottle on hand at all times.
- Healthy snacks:** Nutritious snacks like nuts, granola bars, or fresh fruit to keep your energy levels up during those early days with baby.
- Postpartum vitamins:** Continue taking prenatal or postpartum vitamins to replenish essential nutrients lost during pregnancy and childbirth.
- Herbal teas:** Herbal teas like peppermint or ginger can help with digestion, reduce swelling, and provide comfort.

## Emotional & mental well-being

- Postpartum support:** Consider talking to a counselor, therapist, or joining a support group if you're feeling overwhelmed, anxious, or dealing with postpartum depression.
- Relaxation items:** Items such as essential oils, calming music, or a cozy blanket to create a relaxing environment to help you unwind.
- Journaling supplies:** A notebook or journal for writing down your thoughts, feelings, and experiences to process your emotions.

## Baby care essentials

- Nursing pillow:** A supportive pillow that can make breastfeeding or bottle-feeding more comfortable and less strenuous on your arms and back.
- Baby monitor:** A monitor to keep track of your baby's movements and ensure their safety while you rest.
- Breast pump:** If you plan to pump, have a good quality breast pump to help with milk expression and storage.



## Help & support

- Postpartum doula:** A doula can assist with physical and emotional recovery, help with breastfeeding support, and assist in newborn care.
- Family or friends:** Consider arranging for family members or friends to help with household chores, meal prep, or taking care of the baby so you can focus on rest and recovery.

## Miscellaneous

- Comfortable clothing:** Loose, comfortable clothing that makes you feel good and is easy to wear as you recover.
- Phone charger & entertainment:** Ensure you have a phone charger handy and some form of entertainment (books, TV, etc.) for those long, resting periods.

## Specialized postpartum care products

- Postpartum belly band:** A supportive band to help with abdominal recovery, reduce swelling, and support weakened muscles after delivery.
- Vaginal or perineal gel:** To reduce irritation or discomfort during healing, especially after vaginal delivery or perineal tearing.
- Maternity support belt:** Helps relieve lower back and pelvic pain, especially during the early weeks postpartum.

## Post-Cesarean section care

- C-Section scar gel:** To help with healing and reduce the appearance of scars, aiding in recovery after a C-section.
- Abdominal binder:** A supportive binder to provide compression and support to the abdomen after a cesarean section. It helps with mobility and comfort.
- Pain relievers:** Over-the-counter medications (approved by your doctor) for pain relief during the recovery from a C-section.
- C-Section pillow:** A pillow to cushion and protect your incision site when coughing, sneezing, or moving around.

## Perineal suture care

- **Perineal ice packs:** Ice packs reduce swelling and provide relief for discomfort caused by perineal sutures after vaginal delivery.
- **Healing ointments:** Use ointments or topical creams recommended by your healthcare provider to promote healing of perineal stitches.
- **Perineal sitz bath:** A sitz bath helps soothe and clean the perineal area. You can soak in warm water with healing ingredients like Epsom salt or witch hazel.
- **Gentle cleansing products:** Avoid harsh soaps or chemicals. Use mild, non-scented products to clean the perineal area after childbirth.

