

POSTPARTUM CARE CHECKLIST

FOR MAMA

- Comfortable clothes
- Cozy robe
- Comfortable underwear
- Slippers / no-skid socks
- Painkillers
- Maternity pads/underwear
- Nursing bras
- Tissues
- Nipple cream
- Niple pads
- Heating pads
- Comfortable & supportive shoes
- Cocoa butter / moisturizer

FOR BABY

- Diapers
- Changing mat
- Soft toy
- Nursing pillow
- Easy access onsie
- Stroller

LITTLE LUXURIES

- Spa headband
- One touch night light
- Water bottle with straw
- Face mask
- Essential oils

EXTRAS

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