

POSTPARTUM PREP CHECKLIST

BEDSIDE, BATHROOM, AND CADDY "STATIONS"
PREPARE BY 37 WEEKS

BEDSIDE STATION:

- PRENATAL VITAMINS
- IBUPROFEN
- STOOL SOFTENERS
- PROBIOTICS
- WATER BOTTLES
- NURSING PADS
- HEATING PAD
- WARM SOCKS
- HAIRBRUSH & PONYTAIL HOLDERS
- CHEWING GUM
- COMFORTABLE ROBE
- EXTRA DIAPERS & WIPES
- ABDOMINAL WRAP/BELLY BINDER
- RED NIGHT LIGHT
- WHITE NOISE MACHINE

YOU MIGHT ALSO WANT:

- PLACENTA CAPSULES
- NETTLE TEA (FOR NERVES)
- LACTATION TEA
- LACTATION COOKIES
- BENGKUNG BELLY BIND
- WARMING BELLY PASTE
- WATERPROOF BED PAD

PLAN AHEAD:

- PREPARE FREEZER MEALS
(SOFT, WARMING, LIGHTLY SEASONED FOODS ARE BEST!)
- ORGANIZE UP A "MEAL TRAIN" FOR FRIENDS/FAMILY/VISITORS
- SET EXPECTATIONS FOR VISITORS
(BOUNDARIES! WE ARE BONDING, RESTING, & RECOVERING. PREPARE TO HELP WITH TRASH/MEALS/DISHES/LAUNDRY, PLEASE DON'T SHOW UP UNANNOUNCED.)
- ARRANGEMENTS FOR OLDER CHILDREN
- DON'T BE AFRAID TO ASK FOR HELP!

BATHROOM STATION:

- DISPOSABLE UNDERWEAR
- OVERNIGHT MAXI PADS
- PERI SPRAY BOTTLE
- ARNICA OIL & WITCH HAZEL
- TUCKS PADS AND/OR PERI SPRAY
- SITZ BATH
- EPSOM SALT SOAK

PORTABLE TOTE:

PREPARE A PORTABLE TOTE TO KEEP IMPORTANT ITEMS WITHIN REACH AT ALL TIMES. COMES IN HANDY WHEN YOU ARE EXHAUSTED AND FEEDING THE BABY ALL DAY!

- FILL A SMALL DIAPER CADDY:
- REUSABLE WATER BOTTLE
- LIGHT SNACKS
(TRAIL MIX, ENERGY BALLS, DRIED FRUIT, GRANOLA BARS, NUTS, POPCORN)
- PHONE & CHARGER
- NURSING PADS
- LANOLIN/NIPPLE CREAM
- BURP CLOTHS
- A FEW DIAPERS & BABY WIPES
- CHEWING GUM & LIP BALM

LOCAL RESOURCE LIST:

LACTATION CONSULTANT:

THERAPIST:

POSTPARTUM DOULA:

CHIROPRACTOR:

SUPPORT GROUPS:

POSTPARTUM SUPPORT INTERNATIONAL:
postpartum.net Hotline: 800-944-4773
or text "HELP" to 800-944-4773

KANSAS RESOURCES: DIAL 2-1-1
OR - 211kansas.myresourcedirectory.com