



THANK YOU!

Thank you for taking the time.

We know how important postpartum planning is for wellness after giving birth.

Our goal is to help moms prepare efficiently and with as little overwhelm as possible.

HOW TO USE

1. View on your device and use the links provided to preview product recommendations.

Details for the products chosen can be found [here](#). Alternatively, you may download and print on 8.5 x 11 inch paper. The format for these printables are portrait.

Due to variations in monitors, web viewing devices and printers, the colors shown on your screen may vary slightly from the actual printed file.

2. Evaluate if the product recommendations suit your individual needs.

3. Purchase the items you think you may use. **Many of these product links are affiliate links.** Small commissions may be earned, if you use them at not extra cost to you. Thank you for supporting us in this way. For more information please visit the [disclosures page](#).

POSTPARTUM CARE

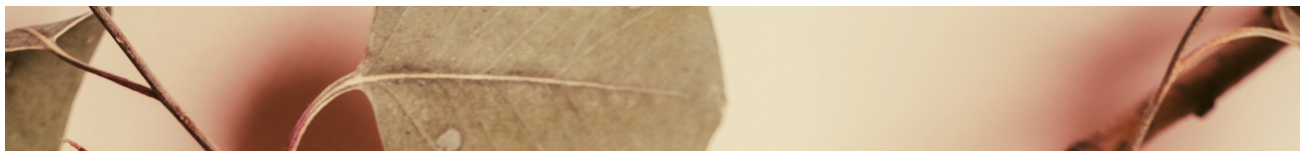


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It shouldn't be an afterthought

Here is a list of items to consider purchasing as you plan for healing the body and the mind after giving birth to your baby.

FOR YOUR MIND -POSTPARTUM CARE RECOMMENDATIONS



JOURNAL

→ Postpartum healing can feel hard, overwhelming, loney, and painful. A journal can help you acknowledge and analyze your emotions thoughtfully.

BOUNDARIES

→ Protect your physical and mental headspace with well defined boundaries with family members and friends who are excited to visit baby on their own terms.

REST → Rest as much as possible. Your mind and body are recovering.

FOR YOUR BOTTOM - POSTPARTUM CARE RECOMMENDATIONS

ABSORBENT PADS

- [La Vie Overnight Organic Cotton Pads](#)
- [Curity Maternity Pads](#)
- [Always Maxi Extra Heavy Overnight Pads](#)

ABSORBENT PADS OR ADULT DIAPERS

- [Always Discreet Postpartum Underwear](#)
- [Depend Incontinence Underwear](#)

POSTPARTUM UNDERWEAR

- Old Underwear {Free}
- [Frida Mom disposable mesh underwear](#)

PERI-BOTTLE

- [Squirt Peri-Bottles](#)
- {Have one in each bathroom if possible}

NUMBING PAIN RELIEF SPRAY

- [Dermoplast {Blue Can}](#)
- [Earth Mama Herbal Perineal Spray](#)

PADSICLES {WITCH HAZEL, ALOE VERA GEL}

- [Directions for making your own](#)

STOOL SOFTENER

- [Colace](#)

MEDICATED COOLING PADS

- [Tucks Medicated Cooling Pads](#)

EPSOM SALT {SITZ BATH}

- Epsom Salt or [Sitz Kit](#)

APPROVED OTC PAIN MEDICATION

{**Talk with your care provider}

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FOR YOUR TOP- POSTPARTUM CARE RECOMMENDATIONS



NURSING?

- BRAS & TANKS
- NIPPLE CREAM

ABDOMINAL SUPPORT {GIRDLE OR BINDING}

- [Postpartum Belly Wrap](#)

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FOR YOUR NOURISHMENT - TIPS

PRENATAL OR POSTNATAL VITAMINS

- Talk with your care provider about continuing to take your prenatal supplements or switching to postnatal supplements.

HEALTHY MEALS {FREEZE PREP}

- Have meals prepped and/or frozen for postpartum that quick and nourishing.
{When people visit request food}

HEALTHY SNACKS

- Have easy to grab snacks for energy boosts and nourishment.

WATER BOTTLES

- Stay hydrated. Have multiple of your favorite water bottles around the house.





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