

THE QUICK LIST OF
Postpartum
MUST-HAVES

Witch hazel soaked pads/padsicles

Peri bottle

Big water bottle (few refills)

Fully stocked kitchen

Easy/quick snacks

Helping hand

Freezer meals

Paper plates, plastic cups, disposable silverware

Prenatal/postnatal vitamins

Robe instead of clothes for easy nursing access

Nursing bras, or sports bras for easy nursing

Nipple pain relief (breastmilk, coconut oil, or olive oil)

A basket of toys and books that will keep older children entertained while mom is nursing.

Celebrate  Birth