

## Postpartum Plan:

- ☐ Prepare and store meals ahead of time (suggested: 2 weeks worth)
- ☐ Mark dates for any meals coming in!
- ☐ Make a list of ways that people can help you. When others ask how they can help, point them to your list!

### Example:

#### **Provide Food:**

- ☐ Help provide us a meal! Much appreciated 🙏 (List food allergies or aversions)

#### **Clean:**

- ☐ Dishes (load dishwasher, scrub/dry big dishes, ask if you don't know where they go)
- ☐ Wipe counter/table tops
- ☐ Sweep floors
- ☐ Mop kitchen
- ☐ Vacuum rugs/carpet
- ☐ Laundry (run, fold/hang, ask if you don't know where they go)
- ☐ Scrub bathrooms (sinks, mirrors, toilets, shower)
- ☐ Take out garbages  
etc.

#### **Babysit:**

- ☐ Help attend my other children so that I can rest, shower, nap, etc.

#### Ideas:

- ☐ Take them to your house for a playdate!
- ☐ Play in the backyard
- ☐ Take them on a walk
- ☐ Take kids to park
- ☐ Library
- ☐ Splash pad
- ☐ Chick-fil-a play place
- ☐ Bass Pro Shops

- ☐ Decide on a pediatrician for after birth
- ☐ Resources for breastfeeding support (La Leche League, kellymom.com, infantrisk.com)
- ☐ Arrange childcare options for returning to work if needed.



### Postpartum Kit:

- ☐ Disposable underwear (depends)
- ☐ Padsicles
- ☐ Tucks (witch hazel pads)
- ☐ Peri bottle
- ☐ Herbal perineal spray
- ☐ After ease
- ☐ Supplies for sitz bath
- ☐ Water bottle
- ☐ Postnatal vitamins
- ☐ Comfortable clothes with nursing access
- ☐ Magnesium for constipation
- ☐ Nursing bras
- ☐ Breast pump
- ☐ Milk storage bags
- ☐ Lanolin (or other nipple cream)
- ☐ Nursing pads (for leaking)
- ☐ Healthy snack food on hand for easy accessibility/calories to breastfeed:

#### Examples/ideas:

- Trail mix or nuts
- Healthy granola bars
- Protein balls
- Muffins (freeze well)
- Fruit (tangerines, apples, grapes, bananas, berries)
- Yogurt
- String cheese
- Carrots
- Pre-sliced sweet peppers

### Self-Care Daily Reminders:

- ☐ Shower
- ☐ Brush teeth
- ☐ Brush hair
- ☐ Change into fresh, comfy clothes
- ☐ Walk 10-15 minutes when you feel up to it

