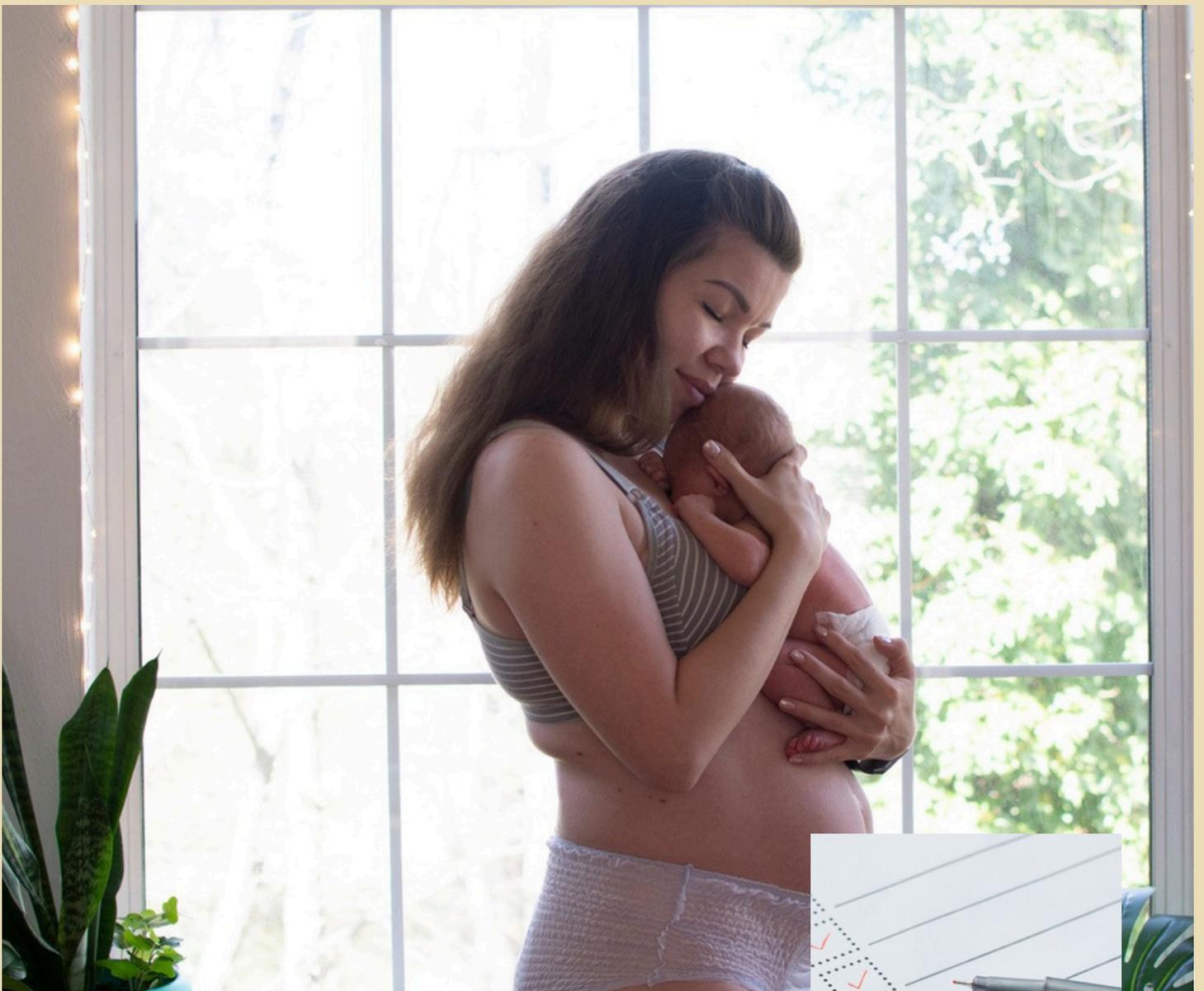


THE ULTIMATE Mom's Postpartum Checklist



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Fox & Cub Family Wellness

Mom's POSTPARTUM CHECKLIST



CLOTHING & COMFORT ITEMS:

- Loose, breathable cotton loungewear
- Breathable disposable postpartum Diapers
- Comfortable nursing bras
- Maternity/Period underwear (high-rise for C-section moms)
- Cozy robe for easy coverage
- Warm, non-slip socks or slippers
- Bengkung belly binder
- Soft blankets for extra comfort

HERBAL & NUTRITIONAL SUPPORT:

- Sitz bath herbs - comfrey, yarrow, calendula, lavender, plantain, uva-ursi
- Herbal tea supplies - fenugreek, oatstraw, red raspberry leaf, nettle, moringa
- Pre-made freezer meals Clary sage essential oil
- Postpartum probiotic
- French press (for tea)
- Large water bottle
- Nourishing broths
- Adaptogenic herbs - ashwagandha, reishi
- Lactation-supporting snacks
- Natural electrolyte drink
- Moxibustion
- Organic castor oil

RECOVERY ITEMS:

- Peri bottle
- Postpartum pads/Period pants
- Witch hazel pads
- Perineal Spray
- Castor oil pack wrap
- Prune juice (stool softener)
- Epsom Salts
- Squatty Potty
- Yoni steamer (or this one for the loo)

BREASTFEEDING SUPPLIES:

- Nursing bra
- Washable nursing pads
- Nursing pillow for ergonomic support
- Haaka Pump/Milk collector
- Silverettes
- Breast pump (recs - check vinted)
- Milk storage bags
- Breast heat packs
- Nipple balm (lanolin free)
- Comfy nursing chair

PERSONAL CARE ESSENTIALS:

- Dr Bronner's Liquid Soap
- Lip balm (hydration lifesaver)
- Natural deodorant
- Vitamin E Oil

Mom's POSTPARTUM CHECKLIST



PAIN RELIEF & HEALING:

- [Arnica cream/tablets](#)
- [Magnesium oil](#)
- [Heat packs](#)
- [Donut cushion](#)
- [After ease/Rescue Remedy Tincture](#)
- [Acupressure](#)
- Pineapple juice (bromelain)

TOP TIPS:

- Set up a 'nourish station' by your bed or nursing chair with snacks, a water bottle, and breastfeeding essentials.
- Create a peaceful environment with dim lighting and relaxing scents.
- Keep an emergency basket with quick essentials (pads, nipple cream, peri bottle) in your most-used rooms.

The key to an empowered postpartum is being prepared. Hopefully this checklist will give you some ideas to get started.

*With Love,
Olivia*

EXTRAS & EMOTIONAL WELLBEING:

- [Postpartum Journal](#)
- [Essential Oil Duffuser](#)
- [Postpartum Affirmation cards](#)
- [Access to a new mother's support group or app](#)
- [Postpartum audiobooks/podcast playlist](#)

APPOINTMENTS/LINKS:

- [Postpartum doula care](#)
- Acupuncture w/ moxibustion
- Pelvic floor therapy
- Postpartum massage/Shiatsu
- Chiropractor adjustment
- Postpartum osteopathy

