

Postpartum Essentials Checklist

Postpartum products you may need for
postpartum recovery, mental health and feeding baby?

✓	Physical Recovery & Mental Health	✓	Feeding Human milk (chest or bottle) or formula
	Variety of pads - range from heavy, regular to liner		Dim light for feeding
	100% cotton underwear or disposable		Nursing pads disposable or reusable for leaks from nipples
	Heating or cooling pad for your sore joints and breast/chest		Cabbage Leaves - Helps with engorgement
	Peri bottle (hospital should have supplied this). If not buy one or a spray bottle for warm water cleansing.		Pump - manual or electric
	Sitz bath and sponge - there are sitz baths designed for the toilet.		Bras and shirts for breast feeding
	Personal cleaning pads - helps with Hemorrhoids - Ask your Doctor or Midwife about product suggestions		Assortment of bottles sizes and nipples that provide different flows
	Nursing pillow or donut-like pillow to sit on (sitting will be more comfortable if you have a tear)		Ointment for breast/chest - Ask your Doctor, Midwife or Lactation Consultant for recommendations
	Creams for stitched areas to ease discomfort and aid in healing - Ask Doctor or Midwife		Receiving blanket or face clothes - Keeps your clothes clean when burping because spit up does happen!
	Caesarean Birth - Loose clothes to limit rubbing on your incision		Formula - Ask your Doctor or Midwife for recommendation
	Water bottle		Bottle warmer
	Containers for one hand snacks - for convenience and ease of maintaining nourishment.		Bottle drying rack, cleaning brush and baby safe dish soap
	Small cooler for snacks and baby bottles		Lots of Pillows for you and baby (supports your back, arms, neck, and baby)
	Waterproof mattress pad or towels for your bed		Bassinet or Co-Sleep baby gear makes for easy feeding in the night or Crib - check baby weight restrictions
	Light breathable PJ's		Baby nasal aspirator - keeps nose clear of mucus when baby is feeding

More on next page

✓	Other Postpartum Suggestions As You Adjust to Life with Baby
	Nightstand or tv stand - great for water bottle, snacks, and breast pump (if using)
	Comfortable/cozy chair for feeding and relaxing
	Two changing pads and diapering essentials for bedroom and other room - just makes life easier
	Gift Cards Circle or List Exact Company below: Massage Therapist, Lactation Consultant, Postpartum Doula, parent group class, exercise class, house cleaning, restaurant, grocery store, food delivery, photo session etc.
	Anything else that makes you relax if you are taking me time (book- suggest not baby related, music, yoga mat etc.) List below

Important to Remember

Before you purchase or accept used products check to make sure there has been no recalls on the products. Here is a link from the Government of Canada for recall and safety alerts in Canada.

<https://health.canada.ca/recall-alert-rappel-avis/index-eng.php?cat=1>



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