

Postpartum Checklist for New Moms

Breastfeeding

- Washable nursing pads
- Lanolin
- Hot packs
- Cooling gel pads

Perineal Care

- Tucks
- Perineal bottle
- Ice pack
- Herbal liners
- Sitz bath salt
- Mesh underwear

Clothing

- Support undies
- Belly band
- Modal cotton lounge wear
- Nursing tank

Extra Special

- Essential oil patches
- Treats and freezer meals
- Postpartum tea
- Ember mug
- Portable charger
- Water bottle with a straw
- Frida Mom hospital kit