



Postpartum Supplies for Mom

Toiletries:

Many women are surprised to find out about all the extra toiletries needed to keep them comfortable after childbirth. It can be a relief to purchase these items ahead of time and have them on hand when you get home from the hospital or birthing center.

- Plenty of sanitary pads
- Dermoblast spray
- Witch hazel pads (these are great to layer on your pads even if you don't have hemorrhoids)
- Stool softener
- Disposable underpants such as Silhouette Depends
- Ice packs
- Sitz bath
- Peri bottle
- Lip balm
- Elastics/ponytail holder if you have long hair
- Hand sanitizer for guests
- Lots of tissues because, hormones

Clothing:

- Loose, comfy pajamas
- Robe
- Slippers
- Nursing tops
- A sturdy nursing bra

Breastfeeding supplies:

- Nursing pads
- Lanolin cream
- Burp cloths
- Breast pump
- A good nightlight for late night feedings

Food & Drinks:

- Water bottle
- Basket of snacks to keep nearby
- Have a stash of meals in the freezer

Extra help:

The first weeks after a baby is born can be intense as you recover from childbirth and adjust to life with a newborn. It's a time to enlist any extra help that might be available.

- Assign a friend or family member as a point person to send out updates, screen calls and schedule visitors according to your needs
- Have a friend or family member coordinate a meal train to keep you fed on your first days home
- Schedule a housecleaner to help with cleaning
- Stool softener
- Hire a postpartum doula to help out with chores or take baby so you can rest
- Order groceries to be delivered to your home