

Postpartum Registry & Checklist for Mamas

This is a list just for you! None of these are must-haves, but many of them will make your life easier.

POST-BIRTH HEALTH

- Winged maxi pads / adult diapers
 - Donut pillow
 - Sitz bath
 - Ice packs / witch hazel pads
 - Rinse bottle
 - Small pillow for c-section
 - Stool softeners & prunes (check with doctor)
 - Facial wipes
-

CLOTHES

- High-waisted, comfy undies
 - Maternity clothes from 2nd and 3rd trimesters
 - Yoga pants
 - Bellyband
-

FOOD

- Hearty snacks
Ex: cheese, cookies, trail mix
- Water bottle, 1-handed flip top
- Emergency frozen meals

FEEDING

- Pillow
 - Ergonomic chair with foot and armrests
 - Small light-up analog clock
 - Notepad and pen
 - Hands-free entertainment
Ex: TV shows, e-books
 - Many washcloths
 - Dim lamp
-

NURSING

- Nursing bras / tanks
- Ribbed long tank tops: stretchy but form-fitting
Ex: Old Navy or Gap basics
- Zip-up sweatshirt w/ pockets but no hood
- Reusable fabric breast pads
- Disposable stick-on breast pads
- Loose button-up shirts that won't show wet spots
- Nursing shirts and dresses
- Nursing cover
- Nipple soothers and creams
Ex: Motherlove, lanolin

PUMPING

- Pump & accessories
 - Pump flange size that fits you
 - Storage bags / containers for freezing
 - Gallon zip-top or sterilizer bags
 - Pumping bra
 - For work: insulated lunch box, ice pack, containers
-

(NOT) CLEANING

- Disposable dishes and utensils
 - Paper towels and napkins
 - Clorox wipes
 - Swiffer dusters
-

OTHER PREPARATIONS

- Delivery services
Ex: Amazon Prime, restaurant delivery menus, Google Shopping Express
- Helpers
Ex: Friends & relatives, cleaners, doulas, nannies (\$\$\$\$)
- 2 to 4 weeks of frozen meals
- If you wear contacts, update glasses prescription
- Clean pump and accessories. Give it a trial run.
- Lactation consultant

