

# POSTPARTUM SUPPORT CHECKLIST

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|--------------------------|--|--------------------------|---|
| <input type="checkbox"/> | Company for an hour  | <input type="checkbox"/> | Baby body wrap  |
| <input type="checkbox"/> | Weleda nipple cream  | <input type="checkbox"/> | Time away from home for self care, a pedicure, exercise alone       |
| <input type="checkbox"/> | Herbal teas. Nettle, chamomile, alfalfa, raspberry leaf, red clove | <input type="checkbox"/> | Zen Thai massage  |
| <input type="checkbox"/> | Being checked in on  | <input type="checkbox"/> | Touch   |
| <input type="checkbox"/> | Compression socks  | <input type="checkbox"/> | Dairy to track, baby, thoughts, body, reminders for brain fog       |
| <input type="checkbox"/> | Exercise classes with baby   | <input type="checkbox"/> | A hair appointment  |
| <input type="checkbox"/> | Post-natal massage   | <input type="checkbox"/> | Help with siblings, homework, play dates, school drop offs/pick ups |
| <input type="checkbox"/> | Luxury body products, hair, skin and body                          | <input type="checkbox"/> | Belly bind  |
| <input type="checkbox"/> | A luxury underwear voucher   | <input type="checkbox"/> | Period panties  |
| <input type="checkbox"/> | A comfy robe and slippers  | <input type="checkbox"/> | Rescue remedy chewable and drops                                    |
| <input type="checkbox"/> | A cleaner to fix the house, perhaps hired before birth             | <input type="checkbox"/> | Muslin cloths   |
| <input type="checkbox"/> | Closing of the bones ceremony                                      | <input type="checkbox"/> | Reusable breast pads  |
| <input type="checkbox"/> | Meal deliveries daily  | <input type="checkbox"/> | Fresh fruit and vegetable deliveries                                |
| <input type="checkbox"/> | Lactation cookies, homemade  | <input type="checkbox"/> | A postpartum doula  |