

Postpartum Essentials

CHECKLIST

- ROBE
- GOWN
- POSTPARTUM UNDERWEAR
- ADULT DIAPERS
- MAXI PADS
- PERI BOTTLE
- ICE PACK PADS
- TUCKS
- PERINEAL SPRAY
- BUTTON UP PAJAMAS
- MILK CATCHERS
- NIPPLE CREAM
- BREAST PADS
- LOOSE FITTING/COMFORTABLE CLOTHING
- NURSING BRAS
- NURSING PILLOW
- WATER BOTTLE
- HEALTHY SNACKS