



Postpartum Recovery Checklist

Because birth is just the beginning. These essentials are here to help you heal, rest, and feel human again.



Physical Recovery

- ☐ Maternity Pads (super absorbent)
- ☐ Peri Bottle
- ☐ Witch Hazel Pads or Cooling Wipes
- ☐ Ice Packs / Cooling Pads
- ☐ Heat Pack (for cramping or back pain)
- ☐ Nipple Shields (if needed)
- ☐ Breast Pads (disposable or washable)
- ☐ Supportive Nursing Bras
- ☐ Soothing Bath Soak
- ☐ Water Bottle (hydration is healing!)



Clothing & Comfort

- ☐ High-Waisted or Postpartum Undies
- ☐ Soft Sleepwear (nursing-friendly)
- ☐ Robe
- ☐ Slippers or Non-Slip Socks
- ☐ Loose, Comfy Clothing (easy for skin-to-skin)
- ☐ Belly Band or Postpartum Support Wrap (optional)



Breast & Chest Care

- ☐ Nipple Covers or Cooling Gel Pads
- ☐ Milk Collector
- ☐ Breast Pump (if using)
- ☐ Milk Storage Bags
- ☐ Nipple Cream or Ointment
- ☐ Lactation Support Snacks or Teas



Mental & Emotional Care

- ☐ Journal or Notes App (to track feelings, feeds, or questions)
- ☐ Access to a Lactation Consultant or Postnatal Midwife
- ☐ List of Postpartum Support Services or Therapists
- ☐ Affirmation Cards or Calming Playlist
- ☐ Friends & Family
- ☐ Permission to rest, cry, and ask for help

