

POSTPARTUM CHECKLIST

1.

Meals

- ☐ Meal Plan
- ☐ Frozen Meals
- ☐ Order Out
- ☐ Setup a Meal train
- ☐ Cook daily meals

By:

For how long/often:

2.

Pick your Pediatrician/Who will accompany you and baby.

Create a plan

3.

Learn the signs of Baby blues, Postpartum anxiety and depression

4.

SELF-CARE PLAN

1. Drink Plenty of water
2. Take a shower
3. Take prenatal vitamins
4. Check-in with someone about how you feel
5. Eat protein daily/have a nutrient dense snack readily available

5.

Visitors

Here's how they can help

- Laundry
- Wash Dishes/ Baby bottles
- Help with Cleaning
- Grocery store run
- Childcare
- Clean

6.

Feeling Overwhelmed?

Breathe.

1. Eat/have a snack
2. Take a nap- at least 90 minutes
3. Meditate
4. Listen to soothing music
5. Get some fresh air
6. Phone a friend/family

7. **Emergency Contacts**



Name:

Phone Number:

Name:

Phone Number:

Name:

Phone Number:

Name:

Phone Number:
