



Postpartum Checklist

•
GETTING ORGANISED FOR
BABIES ARRIVAL AND BEYOND

BY **Brittany**
Noonan.

Preparation

FOOD / NOURISHMENT

- Find nourishing recipes
- Cook meals to freeze
- Cook/buy bone broth
- Order meal delivery / pre cooked meals for family
- Cook/make snacks
- Buy herbal teas / breastfeeding tea
- Supplements:
 - Prenatal / multi vitamin
 - Collagen
 - DHA / Omegas
 - Probiotics
 - Others:

CADDY

- Nappies/wipes/cream
- Change mat
- Water bottle (insulated)
- Snacks - lactation cookies/ krumble bars
- Earphones
- Long phone charger
- Onsie
- Swaddle / wrap
- Dummy
- Nipple balm / lip balm

HOME

- Organise a cleaner / friend to clean weekly for 4 weeks
- Stock up on household essentials
- Set up caddy for mama/baby changing and feeding
- Feeding pillow

EDUCATION / READING

- Books to read
 - Life after birth
 - Birth space
 - The first 40 days
- Lactation support / course
- Find a lactation consultant.
Name/phone: _____
- Buy first aid / CPR
- Birth course
- Doula / Postpartum Doula

Postpartum health

APPOINTMENTS

- | | |
|---|---|
| <input type="checkbox"/> Blood test | <input type="checkbox"/> Naturopath _____ |
| <input type="checkbox"/> Full blood count | <input type="checkbox"/> Pelvic floor physio _____ |
| <input type="checkbox"/> Full iron count | <input type="checkbox"/> 6 week check up (OB) _____ |
| <input type="checkbox"/> Thyroid studies | <input type="checkbox"/> Mental health contact: _____ |
| <input type="checkbox"/> Hormone testing | <input type="checkbox"/> Other _____ |

CONTACTS

- Paediatrician _____
- Lactation consultant _____
- Midwife / OB _____
- Naturopath _____
- Pelvic floor physio _____
- Psychologist _____
- Chiro / Osteo _____
- Doula _____
- GP _____

Lifeline: 13 11 14

Cope.org: 1 300 740 398

PANDA: 1300 726 306