

Labor & Postpartum Checklist

Labor/Birth Bag

- Printed Birth Plan
- Red Raspberry Tea Concentrate ([Labor Day Tea](#))
- [Labor Aid](#) Electrolyte Drink or electrolytes of your choice
- Honey Sticks
- Coconut Water
- Easily Digestible Snacks (Date balls, nut butter packs, bars etc)
- Organic Castor Oil (if needed to speed up labor, only with midwife approval!)
- Clary Sage, Lavender, Orange, Frankincense Essential Oil, Balance (Doterra Oils)
- Olive Oil
- Essential Oil Diffuser
- [Magnesium Oil Spray](#)
- [Arnica Balm](#)
- Music
- Vitamin K Drops (Bio-K Emulsion or [Dr. GreenMom](#))
- [Santa Cruz Medicinals CBD](#) use code ALIMILLERD for savings
- TENS Unit
- Hair Ties
- Bra & shorts or nightgown to labor in
- Nursing bra/tank top & comfy clothes to go home in
- Toiletries
- Newborn outfit and receiving blanket, hat
- Diapers & wipes
- Phone charger

Postpartum

- [Super Turmeric](#) 2 as needed for pain, up to 8-10/day
- [Inflammazyme](#) 2-3 as needed for pain, up to 9-12/day
- [Relax and Regulate](#) 1-2 scoops as needed for cramping, increase as needed to 3-4 scoops for constipation
- [Magnesium Citrate](#) 1-2 scoops as needed for constipation
- [Vitamin D Balanced Blend Liquid for baby](#)
- [Metagenics Baby Probiotic](#)
- [Afterease Tincture](#)
- [Sitz Bath Spray](#)
- [Homemade Padsicles](#) or [Frida Mom Ice Backs](#)
- [Herbal Bath](#) or [Homemade Option](#)
- [Peri Bottle](#)
- [Rael Organic Period Undies](#)
- Chucks pads to sleep on first few days
- Mesh Undies

- Organic Pads
- Alcohol Free Witch Hazel
- [Frida Mom Peri Wipes](#)
- [Bone Broth, I love FOND, use code ALIMILLERRD](#)
- Gelatin
- [Lactation Cookies](#)
- Heating Pad
- ClaryCalm, Geranium, Adaptiv (Doterra Oils)

Postpartum Meal Prep:

- [Bone Broth](#)
- [Berry Zesty Nut Balls](#)
- [Lactation Cookies](#)
- [Slow Cooker Carnitas](#)
- [Enchiladas Verdes Casserole](#)
- Almond Butter Pancakes from The Anti-Anxiety Diet Cookbook
- [Keto Shepherd's Pie](#)
- [Low Carb Collagen Zucchini Muffins](#)

For Breastfeeding:

- [Silverettes](#)
- [Earth Mama Milkmaid Tea](#)
- [Motherlove More Milk Moringa](#)
- [Haakaa](#)
- [Nipple Balm](#)
- [Ice Packs](#)