

NEW MUMMA

POSTPARTUM

CHECKLIST

NOURISH

Stock up on nutrient-rich foods and snacks for energy and healing. If you have the time and energy it's always handy to have some nourishing meals in the freezer.

SELF-CARE

Pamper with gentle skincare, comfy clothing, and short relaxation moments. Even 5 minutes here and there throughout the day will make a big difference.

BABY SUPPLIES

Stocking up on the essentials before your baby arrives will ease the pressure during early postpartum when all you'll want to do is take it easy with your newborn.

REST

Create a cozy sleep haven with pillows, blankets, and soothing sounds ready to rest whenever you can.

HYDRATION

Keep a water bottle handy to stay hydrated during breastfeeding and recovery.

MENTAL HEALTH

Prioritise mental well-being, practice mindfulness and meditation, and seek help if you feel something isn't right.

SUPPORT SYSTEM

Reach out to friends, family, or support groups for emotional help. Remember, asking is a sign of strength, not weakness.

MEDICAL CHECKUP

Schedule postpartum checkups and discuss any concerns as soon as possible with your healthcare provider.

TIME FOR YOU

Dedicate moments for your hobbies, reading, or just unwinding. You deserve it and will find that you'll need it!

