

# A Checklist for

# Postpartum Must-Haves



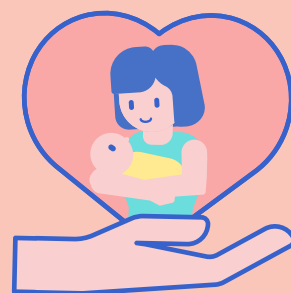
## MOM ESSENTIALS

- Frida-mom postpartum recovery essentials kit
- Comfortable sweats
- Nursing bras if nursing
- Postpartum underwear
- Organic washable nursing pad
- Irene Organics belly balm
- Disposable organic period underwear
- Comfortable pajamas



## MOM EXTRAS

- Water bottle
- Heating pad
- Witch hazel pads
- Willow breast pump if breastfeeding
- Epsom salt



## FYI EXTRAS

- Healthy snacks on hand (nuts, cheese & crackers, yogurt, fruit, etc.)
- Meal prepped meals or nutritious take out
- Feed Mom & Me Prenatal Vitamins



During the postpartum period, women's nutrient stores are depleted. They need to continue eating balanced meals plus take a prenatal vitamin to help restore their depleted nutrient stores in their bodies.