





## Breast Pads (Reusable and Disposable)

Have you ever seen a new mom with wet spots on her shirt from leaky nipples? No? It's because she is wearing breast pads to soak up extra milk. They're great! Your kit comes with at least one pair of F Wrap reusable pads (2 in Above and Beyond the Bump kits). They're hand sewn with organic cotton velour in Rockland Ontario and moms tell us they're the softest and most absorbent they have ever worn. We throw in a few pairs of disposable as well if you're on the go or between laundry cycles.



## Pads

This one is pretty self-explanatory but... no two ways around it, there will be blood.



## Adult Diapers

Sometimes the postpartum flow is heavy enough that diapers are the way to go. It's simply more comfortable and less messy to be in diapers sometimes. It's all good!



## Fibre Snack

The first bowel movement after delivery is both scary and a huge relief. Help your mom friend combat hunger *and* have a glorious first bowel movement with this fibre-packed snack. (disclaimer: contains nuts)



### Water Bottle

Birth is often a marathon rather than a sprint. And if the milk is coming in strong she's drinking water for two now. This bottle folds down and will fit nicely into her diaper bag or clip onto the bag or stroller for easy access, which is key!



### Witch Hazel

The most mysterious yet revered kit content – Witch hazel is an astringent which cools and soothes the skin. It has been used for centuries to relieve cuts, scrapes, itchy stitches, swelling, hemorrhoids (need we go on?). Once you gift the kit we recommend you point the expecting mom to our [blog](#) on Preparing Witch Hazel Pads (Padsicles!)



### Epsom Salts

Relieves her sore muscles and cleanses in a sitz bath or tub, whatever her style! Bonus points if you're the one holding the baby for her to take a moment to herself!



### Mental Health Pamphlet

10-15% of women experience some form of postpartum mental health challenge. Recognizing the signs early and feeling supported by friends and family to find help makes a huge difference in the severity and duration of suffering. If you're the kind of friend or partner that gives the expecting mom in your life adult diapers, chances are you're also the person they can talk to if they're not feeling so great. We want these kits to open up a mental health conversation, so we include a pamphlet in every box to break the ice.

## Above and Beyond the Bump Postpartum Care Kit Thoughtful Extras



### Chocolate

Self-explanatory. Yum! We source our chocolate from the award-winning Canadian company Hummingbird Chocolate. The Chocolate bar is called 'Oh Mama' – oh so good and oh so fitting!



### Perineal Bottle

Let's just say... bidet on the go. Perineal bottles help mom feel fresh when things are tender down there and toilet paper just isn't a friend.



### Tucks Wipes

Soothing witch hazel wipes for the lady parts and for those of us who get hemorrhoids (#blessed). From the makers of Anusol – yup.





### Lip Balm

Hospitals can be dry and it's hard to stay hydrated when you're trying to push our a baby (or several). The lip balm from Ottawa-based Zoe's Corner is a real treat!



### Soap

This tender bar is perfect for her sore and sensitive spots as she grabs a moment for herself in the shower. Again sourced from Ottawa-based Zoe's corner. Try this stuff out!



### Lactation Tea

If breastfeeding is in the plans this tea is known to help with the milk supply.

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