

POSTPARTUM MUST-HAVES

For Mama

Witch Hazel Pads
Peri Bottle
Perineal Spray
Ice Packs
Mesh Underwear
Maxi Pads
Sitz Bath
Delivery
Stool Softener
Maternity Clothes
Postpartum Underwear
Heating Pad
Ibuprofen
Belly Band
Household Items

Breastfeeding

Nursing Pads
Bamboobies
Breast Therapy Packs
Nursing Bra
Nipple Cream
Water Bottle
Breast Pump
Milk Storage Bags
Snacks
Nursing Pillow
Prenatals
Water

For Baby

Baby Carrier
Car Seat
Onesies
Butt Spatula
Swaddles
Sleep Sacks
Burp Cloths