



## THE ULTIMATE CHECKLIST FOR

# POSTPARTUM PREPARATION



### Preparing for You

Stock up on batteries and chargers

Get extra comfy lounge wear, underwear, pads and towels

Stock up on favorite essentials (lotion, soap, shampoo)

Set up baby stations around the house with water bottles, tissues, energy bars, etc

Plan some "in between" clothes, you won't be back to pre-pregnancy size for awhile

Set up grocery delivery or curbside pick up

Stock up on regular medicines so you don't have to make extra stops at the pharmacy

### Preparing for Baby

Detail car/get home cleaned

Get car seats professionally installed

Build all furniture and put together all necessities

Set up monitor/camera

Stock up on diapers and wipes

### Preparing for Family

Freezer meal prep for dinners, lunches and breakfasts  
(muffins freeze great!)

Ask a friend to set up a meal/errand train

Discuss and plan schedules for work and home life

Say no to too many visitors or events after baby

Get books for siblings to introduce bringing home baby

Hire a postpartum doula