

POSTPARTUM *Checklist*

Vag

- Depends
- Witch Hazel Pads
- Numbing Spray
- Sitz Bath
- Peri Bottle
- Stool Softener

Boobies

- Gel Nursing Pads
- Newman's Ointment

Health

- Water Bottle (XL)
- Healthy Snacks

Sanity

- TV to Binge Watch
- Freezer Meals
- Nursing Toy Bin