

The

Bay Doula

Rita

Check List



Postpartum Recovery Checklist

Recovery Products

- Local honey
- Witch hazel
- Aloe vera
- Tucks/Motherlove Roid balm
- Cleansing Wipes (HoneyPot)
- Epsom salts
- Frida Mom Ice Pads (or make your own)
- Frida Mom Peri bottle
- Frida Mom Postpartum Kit
- Maxi pads in multiple sizes (Rael, Honey Pot, VIV)
- Period Panties (knix, thinx, kindred bravely)
- Disposable diapers
- Baobei postpartum bloomer
- Motherlove sitz bath spray
- Candles for relaxing
- Arnica oil
- Dyna-hex4 (tears & incision sites)
- Motherlove c-section cream

Feeding Checklist

Mom & Infant

Nursing bras

- Nursing tops
- Nursing sleep bras
- Nursing night gowns
- Haaka
- Haaka collectors cups
- Reusable and disposable nursing pads
- EarthMama nipple cream
- IV Hydration Packets
- Nursing pillow(s)
- Engorgement supplies
(Lansinoh cooling packs, Frida Mom Boob Kits)
- Bottles
- Bottle samples
- Bottle drying racks
- Bottle cleaning supplies
- Sterilizers
- Water warmer (Brezza)
- Formula you'll use
- Burp cloths

BONUS Checklist

BATHROOM BASKET:

- Tucks
- Frida Mom Postpartum Kit
- Disposable nursing pads
- Arnica Oil
- Dyna-hex and/or C-Section cream
- Herbs/epsom salts
- Candle
- Sitz bath
- Maxi pads/period panties
- Cleansing wipes/perineal spray
- Extra pair of underwear

NURSING CART:

- Rolling Cart
- Pump (haakaa, collector cups, spectra, etc)
- Baby essentials: blanket, burp cloth, diapers, wipes
- Dishwashing basket
- Nipple Cream
- Extra nursing bra
- Extra pump parts
- Nursing pads/disposables
- Snacks + water
- Entertainment (remote control, iPad, reading book, magazines, etc)