

Checklist

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PHYSICAL RECOVERY

- ☐ **Rest-** Allow your body to heal and prioritize sleep when your baby sleeps.
- ☐ **Nutrition:** Eat a balanced diet to nourish your body and promote healing.
- ☐ **Hydration:** Drink plenty of water to stay hydrated and support milk production.
- ☐ **Movement:** Take short walks as recommended by your healthcare provider.
- ☐

BREASTFEEDING

- ☐ **Lactation Consultant:** Reach out to a lactation consultant for guidance if needed.
- ☐ **Skin-to-Skin Contact With Your Baby:** Promotes bonding and breastfeeding.
- ☐ **Eat a Healthy Diet and Drink Plenty of Fluids:** Supports milk production.
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- ☐

MENTAL WELLNESS

- ☐ **Make Time for Self-care Activities:** Such as taking a warm bath or reading a book.
- ☐ **Get Emotional Support:** Connect with other mothers, family, or friends.
- ☐ **Address Any Postpartum Depression/Anxiety:** Contact a health professional.
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- ☐

ADDITIONAL TIPS

- ☐ **Listen to Your Body:** Rest when you need to and don't push yourself too hard.
- ☐ **Ask for Help:** Don't be afraid to ask for help from your partner, family, or friends.
- ☐ **Be Patient with Yourself:** Postpartum recovery takes time.
- ☐ **Be kind to yourself:** Celebrate your accomplishments.
- ☐

Remember, every woman's postpartum journey is unique. This checklist is meant to be a general guide. Please consult with your healthcare provider for personalized advice and support.