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# Postpartum

## C H E C K L I S T

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### The Preparation

- Assess & Prep: Identify the key areas that need tackling. Make a list —babies don't need much at first!
- Deep Clean & Organize: Focus on the essential spaces you'll spend the most time in.
- Curate your Postpartum Wardrobe: Not just Baby Outfits - It may be a while before you can do laundry efficiently.
- Stock Up: Buy bottled water, nourishing snacks, and care products like nipple creams and cooling pads.
- Meal Prep: Starting 2 months before your due date, cook one or two extra portions to freeze.
- Organize Help: Booking a cleaning helper or childcare can transform your postpartum experience and help your transition.
- The Nightstand: Keep water, a small light, diapers, and wipes within easy reach for night feeds.
- Schedule Visits: Protect your peace by making a plan for who will visit and when.

