

# POSTPARTUM MUST HAVES

[www.reddeerdoulaassociation.com](http://www.reddeerdoulaassociation.com)

**Padsicles** - To help bring down swelling.

**Washable breast pads** - So that you don't leak through your shirts!

**A good breast pump** - To increase your supply, if needed, or to pump out excess or build up a freezer supply.

**Large postpartum underwear or adult diapers** - For all of the postpartum lochia.

**Matress protector** - To catch all of the bodily leaks.

**Diaper caddy** - To fill with diapers, wipes, change of clothing for babe, snacks, water bottle, phone, etc. so that as you go from spot to spot around your home, you can carry baby in one arm and all your other essentials in your other arm.

**Large muslin or jersey swaddle/receiving blankets** - Large and lightweight with slight stretch is best, just remember to always leave the swaddle loose around baby's hips, for healthy hip development.

**Small bouncy chair** - To put baby in, and bring into the bathroom, when you bathe or shower.

**Wrap or carrier** - To keep baby feeling safe and warm, while they transition during the fourth trimester, and just to make life easier, overall!

**Raspberry leaf tea** - Helps tone your uterus, and can also help increase milk supply.

**Hobbies** - Find some hobbies to keep you busy while you heal, so that you can still feel productive and creative, and more like your usual self.

**Good friends** - You need other friends who are parents, that you can relate to and confide in!

***Remember that the more you rest during the postpartum period, the faster you will heal!***

NOTES