

Postpartum Essentials CHECKLIST



MAMA

- Frida Mom Disposable Postpartum Underwear
- Frida Mom Upside Down Peri Bottle
- Hatch Mama Nipple + Lip Rescue Balm
- Target Auden Seamless Nursing Bras
- Hey Mama Disposable Nursing Pads
- Button Up Pajamas
- Momcozy S12 Pro Wearable Breast Pump
- Dr Browns Breast Milk Storage Bags
- Boppy Organic Pillow
- Stanley Travel Tumbler

BABY

- Aden and Anais Swaddle Blanket
- Dyper Bamboo Baby Wipes
- Aquaphor Baby Healing Ointment
- MAM Baby Pacifiers
- Love to Dream Swaddle Sleeper
- Yogasleep Portable White Noise Machine
- Angeldear Footie Sleepers
- Green Sprouts Bibs and Burp Clothes
- Haakaa Baby Nail Trimmer
- Dr Browns Natural Flow Feeding Bottles