

POSTPARTUM ESSENTIALS

For Faster Healing

Postpartum Healing Kit

- Good Prenatal Vitamin
- DHA (Prevent PPD)
- Thick, high quality pads
- Mesh or Breathable Underwear
- Red Raspberry Leaf Tea
- Mothers Milk Tea (If breastfeeding)
- Postpartum Bath (Sitz) Herb Mix
- Peri bottle
- Alcohol-Free Witch Hazel
- Cotton Pads for Which Hazel
- Coconut Oil
- Abdominal Binder
- High Quality, Easy Snacks
- Lots of your Favorite Drinks

Also Good To Have

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Cleaning and scrubbing
can wait 'til *tomorrow*
For babies grow up we've
learned to our *Sorrow*
So quiet down cobwebs
and dust go to *Sleep*
I'm rocking my baby and
babies don't *Keep*

-Ruth Hulburt Hamilton

Things to keep in Mind

- Get lots of rest
- Stay hydrated
- Ask for help when you need it
- If you start feeling too sad or angry regularly its time to talk to your provider

