



the **POSTPARTUM**

PREP LIST

Below is a list of helpful items to have on hand for the postpartum period for both you and baby. I always like to err on the side of less and buy something once the need arises.

FOR YOU:

MATERNITY PADS

BIG UNDIES (THAT YOU DON'T MIND GETTING STAINED/RUINED)

NURSING BRAS

BREAST PADS

PERI BOTTLE/SPRAY BOTTLE WITH WITCH HAZEL OR OTHER HEALING HERBS. (THE IDEA IS TO SPRAY YOUR VAGINA AFTER BIRTH TO HELP WITH HEALING)

FROZEN MEALS/MEAL DELIVERY SERVICE SET UP

BREASTFEEDING PILLOW

BREAST PUMP

WATERPROOF SHEET (CAN BE HELPFUL TO LAY ON POSTPARTUM)

LACTATION COOKIES

LACTATION CONSULTANTS NUMBER/DETAILS OF BREASTFEEDING SUPPORT GROUP

BREASTFEEDING STATION BASKET SET UP (A BASKET WITH A BOOK, SNACKS, WATER, BREAST MILK CATCHER AND ANYTHING ELSE YOU MIGHT NEED WHILE BREASTFEEDING)





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PREP LIST

FOR YOUR BABY:

NAPPIES /DIAPERS

ONESIES

SOCKS

MITTENS (SOCKS CAN ALSO DOUBLE AS MITTENS)

BABY CARRIER/SLING

CO-SLEEPING BED/BABY NEST

MUSLIM WRAPS/BLANKETS

COCONUT OIL FOR NAPPY RASH AND MOISTURIZER FOR DRY SKIN

BABY BOTTLE



Meet The Author JESSICA NAZARALI

Hi, I'm Jessica Nazarali I'm a wife, teacher, coach, and mom to 2 incredible boys. I am extremely passionate about the power and connection

that comes from natural birth and It is my mission to help woman just like you gain the confidence to go against the grain and experience natural birth. That's why I created Mothers of All.

If you're looking for more information on natural birth or postpartum guidance, I'd like to invite you to [join our exclusive private community](#), where woman just like you connect and discuss all things natural birth and motherhood.

Hope to see you inside.

Love,

Jess

 [MOTHERSOFALL](#)

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