



Latched & Attached

THE ULTIMATE

Postpartum

KIT

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The Ultimate Postpartum Kit



Dear Mama,

Congratulations! I hope this Postpartum Kit will help you to get your body healthy and rested as you overcome the obstacles that new mothers face. Taking care of yourself will allow you to be the best mother you can be!

Bringing that precious baby into this world is no easy feat - it's tough mentally, emotionally and physically! You need to be a priority for yourself in those early days after birth. The world around you will be wrapped up in the baby and his/her needs. It will be important for you to find your voice and remember that your recovery is important, too.

This Postpartum Kit will guide you through steps, prepare you with suggested products and give you lots of tried and true tips. But remember, every mother is different and every baby is different. These are simple suggestions and I am happy to provide the support and guidance you will need individually, too.

Take a deep breath and remember that you are enough!

Bethany



Hi! I'm Bethany! I am a postpartum doula and breastfeeding educator that's on a mission to help mothers flourish postpartum.

I am the mother to two of my own beauties that are my world. Not only do I take this mothering gig pretty seriously, but I have been surrounded by children pretty much my entire life and I have tons of invaluable tips and tricks that I want to teach you. My goal is to support, encourage, guide and see you through your journey of motherhood - plain and simple.

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Postpartum Checklist



comfortable clothing

The more comfortable you are the better you will feel. Loose, soft clothing is best!

Mesh underwear (or big underwear)

Take as many as you can from the hospital (ask for more before you leave!), they may not be sexy but they are comfortable and disposable in case any leaking/staining happens.

ultra-Absorbent Maxi Pads

You will likely bleed a lot after birth, and it can last for 4-6 weeks. The big pads they give you in the hospital are fine at first - and they are BIG! You will want something smaller, but still absorbent for when the bleeding slows down.

waterproof underpads (at least 2)

You will be laying on one of these square waterproof pad while in the hospital. If you ask for a few, they should give you some to take home. They are perfect to put under you anywhere to prevent staining. The last thing you will need/want to do is worry about changing sheets or cleaning a stain if you leave a spot behind.

stool softener

Trust me on this one. You won't want to be pushing anymore than you need to. A non-stimulant stool softener, like Colace, is best if you are breastfeeding.

water cup

Get a cup you love! One with a straw would be even better! Do whatever it takes to stay hydrated: insulated, fun patterns, straws, etc. You lost a lot more water than you think you did during labor and delivery...keeping yourself hydrated is important for healing (and milk production)!

Neck wrap

Your neck and shoulders will hurt after a few days of constantly looking down at your baby, picking them up, burping them, etc. A neck wrap that can be heated (aromatherapy beads are even better) and tossed around your neck will help with the ache. Your husband will probably get some use out of this, too!

Meal bars and healthy snacks

Taking care of the baby will be your number one priority, but for your body to get back to where it needs to be, it needs nourishment. Meal bars/protein bars are a great thing to keep on your bedside table or next to the couch to grab and eat when you are feeding the baby.

Breastfeeding Checklist



A nursing bra you L-O-V-E

This is key. Comfortable, supportive, not too tight. Love it, if you don't, get a new one. When you find the one, buy three (wearing, washing, back up) in neutral colors.

Nursing Tanks

There will be plenty of days, especially in the beginning, you will not want to bother with clothing. A nursing tank that will attach directly to your bra will be your go to for wearing around the hospital and house and for layering when you do get dressed!

Bathrobe

A bathrobe that opens in the front will be perfect to throw over your nursing tank when it gets chilly or you want to cover up a little while still having easy access.

Nipple cream

Lanolin is a top choice, ask the hospital for an extra tube before you are discharged. They give it out sparingly because it is expensive so, grab as much as you can. This should help in the first few weeks when you might be dry and tender, and it is safe for baby! Be aware: if the Lanolin doesn't seem to be working and actually increases sensitivity - you may have an allergy and another cream might work better for you.

Water, water and more water

Mama, it is SO important for you to stay hydrated. Hydration is the number one thing to help your milk supply. You need water for your milk and you need water for you! Your body needs to heal and feed a little one...so drink up! When you think you've had enough...have another sip. General rule: When baby drinks, mama drinks.

Restful Sleep Guide

B

Rest when the baby sleeps - No really...

Every seasoned mom jokes that this is near impossible because if you sleep when the baby sleeps nothing will get done. Truth is, your rest is more important than anything else. So, when the baby goes to sleep do *one* small task: throw in a load of laundry, sanitize baby items, shower, etc. and then go lay down and rest! You are no good to anyone, especially the baby, if you let exhaustion take over.

Don't be shy about getting help

If your mother-in-law offers to come over and hold the baby so you can rest, let her. If your neighbors say they want to bring over a few hot meals, let them. If your husband comes home from work and tells you to go lay down, do it. Take the moments when you can. Now is not the time to be too proud to accept help.

Get the baby comfy and cozy!

Imitate the womb for your newborn by swaddling them and putting on soothing white noise. A bassinet by the bed or couch will be helpful for you and the baby so they are within reach and the smaller space, as opposed to a wide open crib, is much cozier for them, more like "home".

Communicate with your husband

Be clear with your husband and discuss expectations. Let him handle night time wakes. If you are breastfeeding, let him get the baby and change the diaper and *bring the baby to you*. Don't feel guilty if you have to nudge him to wake him up, he isn't programmed to respond to a baby the way you are. He can also handle household chores while you are healing and getting the rest you need. It's okay for him to hold down the fort, trust his ability!

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