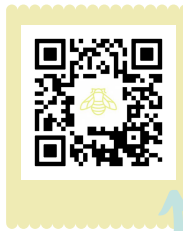


# 21 ESSENTIALS CHECKLIST

## for mom



Scan code or click [here](#) for The bumblebaby amazon shop 'postpartum essentials for mom'

- a postpartum plan (see Deema's e-guide) coming soon!
- witch hazel pads
  - sitz bath (for vaginal) [epsom salt](#), [witch hazel](#), [baking soda](#)
  - [ice pack](#) and [heating pad](#) (for c-section)
- pain reliever
  - [Tylenol](#)
  - [Advil](#)
- disposable pads/ depends
  - [freezable "padiacles"](#) (optional)
- personal wipes + peri bottle
- high waisted comfy undies (size up!)
  - try [these c-section undies](#) (code BUMBLEBABY for discount)
- nursing bra (code BUMBLE for discount) and tanks (code BUMBLEBABY for discount)
- haakaa
- nipple cream (code BUMBLEBABY20 for discount) and hydrogels for nursing
- extra pillows/ nursing pillows
- water bottle with straw

- snacks!
- cozy robe
- slippers
- stool softener
- dry shampoo
- belly binder
- insulated coffee mug
- cozy PJs/ nightgown  
budget friendly PJs
- high waisted leggings with compression
- formula pitcher

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for more information on postpartum essentials for mom, see my post ['postpartum essentials for mom'](#)



always consult your provider before taking medications.

\*bumblebaby makes a small commission on some of the items listed above