

# My postpartum

prep challenge & planner





DAY 1  
*postpartum*  
PREP CHALLENGE



*Welcome to day 1 of the challenge!*

The first thing we are going to focus on is preparing food for after baby.

- Research a local grocery delivery or pick up service and sign up (examples include Instacart, Shipt, etc. Some have free options like Target and Walmart!)
- Create your own meal train website (examples include [takethemameal.com](http://takethemameal.com) & [mealtrain.com](http://mealtrain.com))
- Add freezer meals and snacks to eat with one hand to your grocery list (think granola bars, trail mix, smoothies, etc).
- Feeling ambitious? Prep some freezer meals at home! I personally enjoy Eating Bird Food & Birth Eat Love:  
<https://www.eatingbirdfood.com/baby-meal-prep/>  
<https://www.birtheatlove.com/healthy-freezer-meals-for-new-moms/>



DAY 2  
*postpartum*  
PREP CHALLENGE



*Welcome to day 2 of the challenge!*

The second thing we are going to focus on is a Mommy Registry. Baby gets one, mom should too 😊

- Adult Disposable Underwear
- Breast Icepack/Heat pack
- Comfortable, loose clothing (dark colors recommended for bottom half)
- Nipple Ointment
- Nursing Bras and/or Camis
- Nursing Pads
- Pads for perineum
- Products containing witch hazel for perineum
- Stool Softener (or plan a high fiber diet!)
- Underwear for postpartum (ie ones you don't mind having to toss if stained)

Some favorite brands for some of these products that many moms rave about are:

- Bamboobies
- Frida Mom
- Lansinoh

DAY 3  
*postpartum*  
PREP CHALLENGE



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*Welcome to day 3 of the challenge!*

The final thing we are going to focus on is your support system for the postpartum period.

■ Research local mom groups in your area. Simply search “mom groups in *your location*.” Add yourself to any mailing lists so you can stay up to date on upcoming events

■ Research online mom groups. Facebook Groups are a great place to start. You can search for keywords such as

- “First time mom”
- “Babies due in *babies due date month*”
- “Moms who *search by interest*” (ie hike, breastfeed, etc)

■ Make a list of local family/friends who will be able to come help out in the early weeks. Find out their availability. Create a list of tasks you are comfortable with them helping with when they come over (Laundry? Meal prep? Walking dog? Vacuum?)

■ Make a list of family/friends who may not be local, but could be a listening ear when you need it most. Put them on speed dial and let them know they may be receiving a 2 am phone call in the coming weeks.



MY  
*postpartum*  
PLANNER



HOW DO I HOPE TO FEEL AFTER BABY:

A large, empty rectangular box with a light beige background, intended for writing responses to the question above.

HOW HAVE I ALREADY  
PREPARED FOR THIS:

A large, empty rectangular box with a light grey background, intended for writing responses to the question above.

POSTPARTUM-PREP TO DO:

A large, empty rectangular box with a light grey background, intended for writing responses to the question above.