

Postpartum

CARE KIT CHECKLIST

FROM LYNZY & CO

CLOTHING

- *NURSING BRA*
- *BASIC LEGGINGS*
- *NURSING FRIENDLY PAJAMAS*
- *POSTPARTUM UNDERWEAR/DEPENDS*
- *NURSING FRIENDLY TOP*

MEDS/BREASTFEEDING ESSENTIALS

- *STOOL SOFTENER*
- *NIPPLE CREAM*
- *PERINEAL PADS*
- *COLD/HOT GEL PACKS*
- *SILVERETTE - SOOTHE NIPPLES WHILE NURSING*
- *BREAST PUMP*
- *PAIN RELIEVER SPRAY/PAIN RELIEVER*
- *NURSING PADS*
- *YETI CUP FOR ICE WATER*

EMOTIONAL/PHYSICAL CARE

- *PEDIATRICIAN SET UP FOR YOUR BABY*
- *RESOURCES FOR BREASTFEEDING HELP - SHOULD YOU NEED IT*
- *LIST OF THOSE AROUND YOU THAT CAN HELP*
- *FIND NEARBY PELVIC FLOOR PHYSICAL THERAPIST*
- IN CASE YOU NEED ONE

OPTIONAL

- *WAIST TRAINER*
- *SHAMPOO/CONDITIONER FOR REGROWTH/STRENGTHENING HAIR*
- *LACTATION BITES*
- *CROCKPOT MEALS READY TO GO IN FREEZER*