

Checklist: Must-Have Items for a New Mom

POSTPARTUM CARE FOR MOM:

- **Nipple cream** - Mother Love Nipple Cream
- **Perineal Spray** - (for vaginal birth) Earth Mama Herbal Perineal Spray
- **Postpartum panties** - Brief Transitions Mesh Underwear or Kindred Bravely underwear
- **Nursing bras** - Booboos , Bravados Designs nursing bra, or Kindred Bravely
- High protein, hand-held **snacks** - KIND bars, Lara Bars, etc.
- **Nursing tops/tanks** - Like Storg or Seraphine
- **Dry Shampoo** - Klorane is one of my favs.
- **Tuck's pads**
- "Padsicles": pour **witch hazel** on **extra large maxi pads** & put in the freezer
- **Hand lotion** - Vanicream or Beautycounter melting body balm
- **Body lotion** - Beautycounter body balm is what I'm loving. Smells like coconut and moisturizes beautifully. It is a little oily feeling at first, but soaks in.
- **Haakaa breast pump** to get any breastmilk from nursing let-down. Not letting that liquid gold go to waste!
- **Nipple pads** - Bamboobies or Kindred Bravely are good options
- **Small hot/cold packs**. These can be used multiple ways.
- **Lip moisturizer** - Babo Botanicals organic hydrating stick is a multi-purpose, sheer option that I like. You can use on lips and hands.
- **Herbal Sitz bath** - Earth Mama organics

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FOR BABY:

- **Baby-wearing wrap** - [Solly Baby wrap](#) . I'm REALLY going to need to be hands-free as much as possible with two little ones.
- And/OR **Baby Carrier** - [Baby Ergo 360](#). Easy on and off and feels secure. My husband is more comfortable using this one than the wrap.
- **Diaper-changing clutch** - [Skip/Hop mobile diaper changing clutch](#). Adding it to the amazing backpack bag I'm already using ([LAND diaper bag](#))
- **Diapers and wipes** * (obviously) We did invest in 4 cloth diapers in preparation for any potential difficulty getting diapers delivered.
- **Burp cloths** - [Aden & Anaias burpy bibs](#) and [Green Sprouts organic cotton muslin burp cloths](#). These are the perfect size, super absorbant, & soft.
- **Nursing cover/car seat cover** - [Milk Snob](#). I like that it has multiple uses.
- **Baby powder** - [Burts Bees](#)
- **Car Seat** - [Chico Key Fit 30](#)
- **Bassinet** - [Halo](#)
- **Crib** - [PotteryBarn Kids](#) convertible crib to toddler bed
- **Diaper Trash can** - [Diaper Genie](#)
- **Wipe warmer**. [Like this one](#). This may seem non-essential, but my daughter HATED getting her diaper changed and this really did make it a little less stressful for everyone.
- **Sound machine**. [Like this Hatch Baby Rest Sound Machine](#). We got a regular sound machine and use the white noise setting for us and for baby.