SOMETHING LIGHTER

Postpartum Essentials, One Part a Week

This is the plan I'd hand any mother going into postpartum without much help. Start in the last two months, and do one part a week.

Week 1: write down what it will look like

- ☐ Who is home with me, and for how long?
- ☐ What happens at night, and who handles it?
- ☐ What will we eat for the first six weeks?
- ☐ What will I need for my own recovery?
- ☐ Who can I call when it gets hard?

Week 2: clear the rooms you'll live in

- ☐ Your bedroom.
- ☐ The spot where you feed the baby.
- ☐ The bathroom.

Week 3: stock the postpartum cart

- ☐ Top shelf, for the baby: diapers, wipes, a change of clothes, burp cloths.
- ☐ Middle shelf, for you at night: your water bottle, snacks you can eat with one hand, a phone charger.
- ☐ Bottom shelf, for your recovery: adult diapers for the first six weeks, and a change of clothes for you.

Week 4: cook and stock ahead

- ☐ Make double of dinner and freeze the second one.
- ☐ Stock the pantry with food that keeps.

Week 5: pack the hospital bag

- ☐ Leave it by the door.
- ☐ Your birth plan, your ID and your phone charger on top.

Restock the cart every morning, so it's full again by night.

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