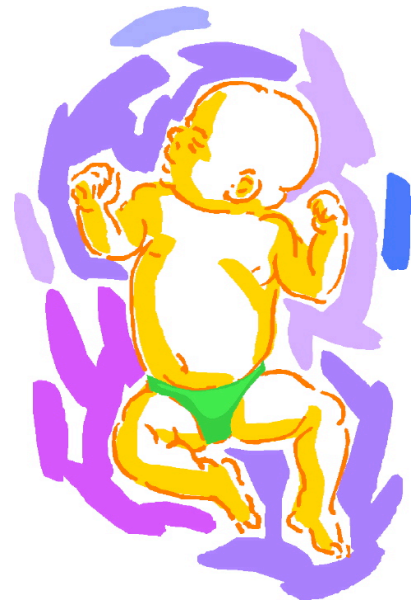


At Home Checklist



FOR PARENTS

- Nutritious meals prepared and frozen
- Take-out menus and numbers
- Healthy, ready to eat snacks
- Juice & nursing teas
- Super Maxi Pads
- Nursing pads
- Nursing bras/tanks/shirts (2-3 each)
- Nursing pillow
- Floradix (iron supplement – ask your health care provider first)
- Nipple cream or Lansinoh
- Extra sheets and pillow cases (for night sweats)
- Sling or baby carrier
- Tissues (for “baby blues”)
- Hand sanitizer (for guests)
- Phone numbers of Lactation Consultant, La Leche League leaders, Postpartum Doulas
- Phone numbers of friends & relatives who are willing to help out
- Baby reference book (“The Baby Book” by Dr. Sears)
- Nursing reference book (“The Womanly Art of Breastfeeding,” “The Ultimate Breastfeeding Answer Book,” etc.)
- Cold packs/ frozen peas, etc. (for engorged breasts)
- Rice sock (to help with let-down and relaxation)
- Personal lubricant (after 6 weeks and OK from doctor/midwife)
- Subscription to Mothering Magazine
- Thank you notes/stamps
- _____
- _____

FOR BABY

- 3-6 each of sleepers, gowns and onesies
- Limited 0-3 outfits (they will outgrow them before they wear them)
- Socks
- Diapers
- Wipes
- Diaper cream
- 2-3 receiving blankets
- Swaddling blanket
- Diaper Bag (stocked and ready to go)
- Baby wash cloths & hooded towels
- Baby bath tub
- Baby wash/shampoo
- Burp cloths & bibs
- Infant nail file or scissors
- Thermometer
- Infant (no-dye) Tylenol
- Pediatrician’s phone number
- Changing pad for home and travel
- Nasal aspirator (from hospital)
- Car seat
- Rubbing alcohol and cotton swabs (for cord care)
- Safe place for baby to sleep (preferably with or near Mom)
- _____
- _____

Useful gift ideas that can't be found on your registry!

- Gift certificates to local restaurants with carry-out service
- House cleaning service
- Postpartum doula care
- Massage
- Frozen prepared meals
- Subscription to Mothering Magazine
- Thank you notes & stamps
- Diaper coupons
- Gift certificates for diapers and wipes
- Gift certificates for photo printing services
- A few minutes alone
- A few minutes uninterrupted with your partner
- _____
- _____
- _____

Suggestions for people who offer to help

- Laundry
- Massage your feet and shoulders
- Straighten the living room, kitchen, etc.
- Go to the grocery
- Prepare a meal (or two)
- Watch the baby so you can take a shower, take a nap, etc.
- Address thank you notes
- Take the dog(s) for a walk
- _____
- _____
- _____