

# BEYOND *the* BUMP

## Postpartum Checklist and Tips for Mom

### Things to Buy for Mom

Kelsey-Seybold wants expectant moms to be as restful as possible after childbirth. Here's a list of recommended items to keep on hand to help with postpartum recovery.

- Sanitary pads
- Dermoblast spray
- Witch hazel pads
- Stool softener
- Disposable underpants
- Ice packs
- Sitz bath
- Peri bottle
- Lip balm
- Hand sanitizer for guests

### Breastfeeding Supplies

You'll want to be comfortable while transitioning into parenthood as a new mom! You'll need:

- Loose pajamas or loungewear
- Robe
- Slippers
- Nursing tops
- Nursing bra
- Nursing pads
- Lanolin cream
- Burp cloths
- Breast pump
- Comfy chair or recliner for feedings
- Nursing pillow

### Tips for Mom

Enlist help the first few weeks after baby is born.

- Assign a friend or family member to communicate updates, screen phone calls and text messages, and schedule visitors according to your needs.
- Have a friend or family member coordinate a meal train (mealtrain.com).
- Schedule a housecleaner to help with cleaning.
- Hire a postpartum doula to help you or care for baby so you can rest.
- Look at home delivery services for everything from groceries to meals.

A few suggested apps:

- Instacart
- DoorDash
- Shipt
- Postmates
- UberEats

### Kelsey-Seybold Breastfeeding Clinic at the Woman's Center

If you're experiencing pain or difficulty breastfeeding, schedule a breastfeeding consultation appointment with Dr. Mouzoon.

*Kelsey-Seybold Breastfeeding Clinic at Woman's Center*

Call **713-442-7300**

Select option 4 to speak with a nurse.

Appointments available: Monday - Friday

### Postpartum Support Group

Get connected and be supported after having baby at Kelsey-Seybold's Beyond the Bump postpartum mommy meetups.

These events are **FREE** to new moms. Babies in arms are welcome to attend. RSVP for a Beyond the Bump mommy meetup at **kelsey-seybold.eventbrite.com**