



# Postpartum Recovery Checklist

## THE BASICS: WHAT YOU SHOULD HAVE AVAILABLE FOR MOM

- Overnight pads
- Witch hazel pads
- Stool softener
- Disposable underwear
- Ice packs
- Pain reliever
- Peri bottle
- Perineal spray
- Lip balm
- Postpartum belly wrap
- Sitz bath
- Loose pajamas or loungewear
- Robe
- Slippers

## THE ESSENTIALS: BREASTFEEDING SUPPLIES

- Nursing tops
- Nursing bra
- Nursing pads
- Lanolin cream
- Burp cloths
- Breast pump
- Comfy chair or recliner for feedings
- Nursing pillow

## TOP TIPS THAT OFTEN GET FORGOTTEN OR OVERLOOKED:

- Hire a postpartum doula to help you or care for baby so you can rest.  

Assign a friend or family member to communicate updates, screen phone calls and text messages, and schedule visitors according to your needs.

Have meals preplanned and available for quick meal times.
- Schedule a housecleaner to help with cleaning.
- Look at home delivery services for everything from groceries to meals.

## IMPORTANT PHONE NUMBERS TO REMEMBER

Your Care Provider : \_\_\_\_\_

Your Nurse Line : \_\_\_\_\_

Postpartum Doula : \_\_\_\_\_

Baby's Pediatrician : \_\_\_\_\_

# Postpartum Recovery Reference Sheet



## POSTPARTUM DEPRESSION (PPD)

Depression affects a woman's mood, behaviour, thoughts and physical well-being. Some women might start feeling depressed within the first few days after the baby is born. Others might not feel depressed until weeks or months later. A woman who is experiencing PPD may experience the following:

- Feel depressed or extremely sad, most of the day and nearly every day
- Feel irritable or angry
- Feel guilty or worthless
- Feel hopeless and overwhelmed
- Lose interest in things she used to enjoy
- Sleep a lot more or a lot less than usual
- Eat more or less than usual
- Withdraw from family, friends and contact with other people
- Cry for no apparent reason
- Be restless, or have little energy
- Find it hard to concentrate or make decisions
- Have headaches or upset stomach or other physical symptoms
- Have thoughts of being a terrible mother

## POSTPARTUM BLUES

About 80% of mothers feel the "baby blues" or postpartum blues 3-5 days after giving birth. They may:

- Feel happy one minute and sad the next - rapid mood swings
- Feel helpless, worried, irritable or anxious cry for what seems like no reason
- Have problems sleeping

These are normal feelings and responses when women have the postpartum blues. Usually these symptoms get better or go away within a week or two and do not require treatment. But, if your mood does not improve after 2 weeks of giving birth, you may be experiencing postpartum depression.

## ACTIVITIES TO MINIMIZE (PPD)

Don't be ashamed of having emotional changes after delivery. It is very common.

- Utilize the support/help of a postpartum doula
- Talk to family and friends about the changes in your mood and problems that may occur after delivery.
- Take care of yourself. This means eating a balanced diet, getting regular exercise and getting adequate sleep.
- Share your feelings with someone close to you; don't isolate yourself at home.
- Don't try to do everything for everyone.
- Don't expect too much of yourself.
- Allow friends and family to help with shopping and cooking.
- Ask friends and family to help care for other family members or children.
- Maintain a relaxed, flexible home routine.
- Avoid products containing caffeine (coffee, tea, soft drinks and chocolate).
- Don't be afraid to ask for what you need.

Contact your healthcare provider if you think you have any of these signs or symptoms:

- Trouble sleeping or sleeping too much
- Feeling irritable, angry, or nervous
- Thoughts of harming others or yourself
- Lack of interest in friends and family
- Not enjoying life as much as in the past
- Feelings of being a bad person
- Feeling guilty or worthless
- Lack of interest in activities, hobbies, and/or others
- Dramatic changes in appetite
- Extremely low energy
- Feeling overly exhausted
- Crying uncontrollably
- Feeling hopeless
- Trouble concentrating