

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
- Dermoplast spray
- Witch hazel pads
- Stool softener
- Disposable underwear
- 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

For more pregnancy and postpartum information, please visit

kelsey-seybold.com/mypregnancy.

 **Kelsey-Seybold Clinic**
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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.

Breastfeeding Support

If you're experiencing pain or difficulty breastfeeding, schedule a breastfeeding consultation appointment with one of our lactation consultants.

Kelsey-Seybold Breastfeeding Clinic at Woman's Center

Call **713-442-7300**

Select option 4 to speak with a nurse.

Kelsey-Seybold Breastfeeding Clinic at The Woodlands OB/GYN

Call **713-442-1900**

Appointments available Monday – Friday

Don't forget to call

713-442-MOMS (6667)

to schedule your complimentary **Get Acquainted Visit** with a Kelsey-Seybold pediatrician.