

@mackenzie.on.motherhood's

A BABY IS COMING OUT OF ME CHECKLIST

At some point it's gonna hit you like a ton of bricks. A baby will be exiting my body soon and living in my home. HOW DO I EVEN START TO PREPARE.

Breathe. It's ok.

While the internet will tell you that you need everything under the sun... remember we live in a time of fast delivery services and convenience. So even if you just gave birth and remember you need something - a family member or friend can quickly pick it up at the store, or just hit "add to cart" and whatever product you need will be at your doorstep soon.

This list does not need to be completed in a day... you have time! Try not to stress.

Welcome to the POSTPARTUM list!

I am breaking this down into **two** parts:

1. Items you'll need for yourself postpartum
2. Prepping your home for baby

*This hand out is NOT sponsored, items on this list are things I personally used that I liked

Postpartum products:

** indicates it's optional

- ☐ Various size pads (Super maxi → panty liner)
- ☐ **Adult Diapers (I liked the silhouette depends)
- ☐ Comfortable underwear- think big, stretchy, full coverage undies! Now is not the time for thongs
- ☐ Ibuprofen & Tylenol (for pain after birth if needed)
- ☐ **Stool softener & Fiber supplement (to help you)
- ☐ **Perineal spray (Hospitals typically give you “Dermaplast” to take home, I liked the Earth Mama spray)
- ☐ **Peri bottle (Hospital will provide- but can get your own)
- ☐ **Witch hazel pads & hemorrhoid cream (hemorrhoids can be common after birth)
- ☐ Quality toilet paper (now is not the time for budget tp)
- ☐ Tissues (for the inevitable breakdowns- it happens to everyone)
- ☐ Heating pad (for the postpartum cramping & back ache)
- ☐ Comfy clothes! Buy yourself a new pj set, robe, or comfy lounge wear
- ☐ Easy grab-able food to eat (fruits, nuts, cheese, chips, granola bars)
- ☐ Meal prep (prep easy freezer crock pot meals for when you're too tired to cook)
- ☐ **Paper plates (I personally ate off paper plates the first week so I had minimal dishes)
- ☐ Ability to ask for help! You are not super human. Everyone needs help & support

Having a c-section? You'll need the above list (minus the perineal spray) and these extras...

- ☐ Abdominal binder (The hospital can provide a binder or you can purchase your own)
- ☐ Ice pack (For incision)
- ☐ High waisted underwear (think granny panties) & pants so they go above your incision
- ☐ **Silicone scar tape
- ☐ **Step stool if your bed is high
- ☐ ** Grabber stick (so you don't have to bend over for things)

** indicates it's optional

Prepping your home for baby!

Baskets:

My ultimate *hack* that makes me feel like I have my sh*t together... baskets for everything

- Set up diaper changing baskets in common areas (your bedroom & living room)
- Have a postpartum basket with various pads & a peri bottle in the bathroom(s)
- Baby toys? Basket
- Random baby products? Basket
- If breastfeeding: set up a basket by your bed with nipple cream, breastmilk storage bags, pump parts, etc. plus easy snacks for you to eat while you feed baby

Food Prep:

- Stock up on ready to eat snacks and make freezer “dump” meals that are easy to make
- Snack ideas: granola bars, fruit, cheese & meat sticks, nuts, chips
- Freezer meal ideas: egg bites, breakfast muffins, crockpot soups & chicken recipes.
Instant pot dinners

Clean & sanitize:

- Sanitize your bottles & pump parts before the first time you use them
 - You can do so with a sanitizing machine, or simply boil bottles & parts in water for 10 minutes & air dry
- Wash & fold baby linens
- If you can afford it - hiring a professional cleaner at the end of your pregnancy/ early postpartum is a great gift to yourself!

Baby Area:

Here is a secret that the baby industry doesn't want you to know... nurseries are not actually necessary. If you do not have the space in your home for one- that's ok! It's recommended to room share with baby anyway!

- Set up a safe sleeping area for your baby next to your bed or in your bedroom
 - A bassinet, a crib, or a pack n play
 - Needs a firm mattress & fitted sheets
 - No pillows, stuffed animals, crib bumpers, blankets in sleeping area
 - White noise machine really helps them sleep
- Set up a diaper changing & extra baby clothes basket in your bedroom! Babies have poop blow outs or leak or spit up and they go through SO many clothes & swaddles. Keep a basket with diapers, wipes, diaper cream, burp rags, extra onesies, and swaddles for easy night time changing.

Baby proofing... not super necessary while you're pregnant. In the newborn stage- they can't even roll over let alone crawl up the stairs/open kitchen cabinets. Baby proof your home as baby grows & develops their new skills.

2 story house:

- Set up a “baby command center” on your main floor. A baby station with baskets full of frequently used baby items will save you on trips up and down the stairs
 - Diapers, wipes, butt cream, burp rags, multiple onesies, swaddles, blankets, toys
- I lived in a two story house during both my pregnancies, something that helped me was having a mini fridge in my bedroom. I kept water, snacks, ice packs, and witch hazel pads in the fridge so I had easy access to items I used frequently. I also put pumped milk or bottles in the fridge so I did not have to go up and down the stairs in the middle of the night. ****this suggestion is optional****

I am so excited for you to start this amazing journey of motherhood.

Any more postpartum prep questions? Check out my [baby prep](#), [postpartum](#), and [postpartum Q&A](#) highlights on instagram.

**YOU'RE ABOUT TO MEET
SOMEONE BRAND NEW- AND IT
ISN'T BABY... ITS YOU.**

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