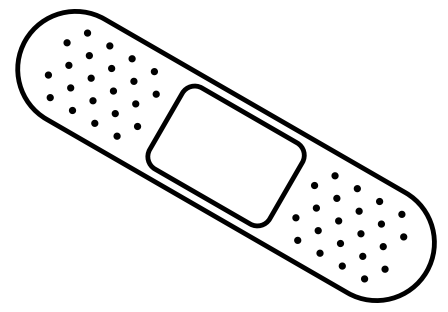




PERTH DOULA SERVICES  
A Labour of Love

# Postpartum Essentials



● Formula, steriliser, bottles, bottle wash cleaning stick (if using)

● Wind drops

● Hand sanitiser

● Snacks

● Extra underwear

● Pads

● Peri-bottle and peri cool packs

● Panadol and Nurofen

● Glycerin suppositories

● Heat pack

● Breast pads and icepacks for boobies

● Nipple cream

● Breastfeeding Pillow

● Pre-made padsicles

● Breasfeeding tops