



Postpartum Essentials

Home

- Breastfeeding tops + comfy clothes
- Pre-made padsicles/maternity pads
- Formula (if using),/haka milk collector
- Breastpump/storage bags/steriliser/
- Hand sanitiser
- Snacks/lactation teas/herbal teas
- Extra underwear/adult nappies
- Peri bottle + peri coolpacks
- Wind drops
- Breast+peri icepacks
- Quara probiotics for Mum



PERTH DOULA SERVICES
A Labour of Love

Postpartum Essentials

Home

Nipple cream/butter/silverettes

Breastfeeding pillow/comfy pillows

Nurofen and Panadol

Do not disturb sign for your door

A Postpartum doula!

Pre-made meals + Michelle's lactation cookies

Heatpack

Essentials box - with baby supplies, nappies, change mat/swaddles/burping clothes/towels etc
(so you can set up a nest)

Co-sleeper/baby nest/bassinet

Large waterbottle with straw

Eye mask
