

Postpartum Essentials

Mother

- Postpartum pads
- High-waisted underwear
- Perineal spray
- Peri-bottle for washing
- Sitz bath herbs
- Stool softener
- Hemorrhoid relief
- Heating pad
- Cold packs
- Dermoplast/ Witch hazel
- Belly bandit
- Reusable water bottle
- Mommy Robe or kimono
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Breastfeeding

- Nursing bras and tank tops
- Breast pump
- Nipple cream
- Nursing pads
- Breastfeeding pillow
- Nipple shields
- Nipple everter
- Breastmilk storage bags
- Nursing cover
- Burp cloths
- Rocking chair
- Bottles
- Bottle brush
- Bottle warmer
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Baby

- Baby carrier
- Co-sleeper bassinet
- Swaddle blankets
- Swaddle sacks
- Baby Onesies
- Diapers and wipes
- Diaper rash cream
- Baby wipes warmer
- Diaper disposal system
- Baby shampoo and body wash
- Gas drops
- Baby bath tub
- Mattress protector pads
- Sound machine
- Infant nail clippers
- Baby thermometer
- Baby monitor
- Nasal aspirator
- Baby clothes hangers
- Baby beanies
- Car seat
- Baby mobile
- Baby toothbrush
- Baby lotion
- Baby oil
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