

Postpartum Self-Care Checklist

Recovery after birth looks different for everyone. Use this checklist as a gentle reminder to care for yourself while adjusting to life with your new baby. Aim to do some of these – it doesn't have to be all of them every day. *Progress, not perfection.*

Daily Physical Care

- ☐ Drink enough water throughout the day
- ☐ Eat nourishing meals and snacks
- ☐ Take prescribed medications or vitamins
- ☐ Rest or nap when possible
- ☐ Shower or freshen up
- ☐ Brush your teeth and do your skincare
- ☐ Wear clean, comfortable clothing
- ☐ Change pads regularly (if needed)
- ☐ Monitor your bleeding and recovery
- ☐ Take a short walk or stretch (if approved by your healthcare provider)

Mental & Emotional Well-Being

- ☐ Check in with how you're feeling today
- ☐ Take a few deep, calming breaths
- ☐ Spend a few quiet moments for yourself
- ☐ Journal or write down your thoughts
- ☐ Listen to music, a podcast, or an audiobook
- ☐ Limit social media if it feels overwhelming
- ☐ Celebrate one small win today
- ☐ Give yourself grace during recovery

Sleep & Rest

- ☐ Rest whenever you have the opportunity
- ☐ Accept help so you can recharge
- ☐ Create a comfortable sleep environment
- ☐ Ask someone to help with one feeding or household task (if possible)

Nourishment & Hydration

- ☐ Eat protein-rich foods
- ☐ Include fruits or vegetables today

- ☐ Keep healthy snacks nearby
- ☐ Refill your water bottle throughout the day
- ☐ Have a warm drink or comforting meal

Movement

- ☐ Gentle stretching
- ☐ Pelvic floor exercises (if approved by healthcare provider)
- ☐ Short walk outdoors
- ☐ Practice good posture while feeding or holding baby

Connection & Support

- ☐ Ask for help when you need it
- ☐ Talk with your partner, family member, or friend
- ☐ Reach out to another parent
- ☐ Share how you're feeling honestly
- ☐ Schedule or attend follow-up appointments

Bonding With Baby

- ☐ Skin-to-skin time
- ☐ Make eye contact during feeding or cuddles
- ☐ Read or sing to my baby
- ☐ Enjoy uninterrupted cuddle time

Home Care

- ☐ Wash bottles or pump parts (if needed)
- ☐ Restock diaper supplies
- ☐ Prepare tomorrow's essentials
- ☐ Complete one small household task (only if you have the energy)

Self-Care Moments

- ☐ Spend 10–15 minutes doing something I enjoy
- ☐ Read a book or magazine
- ☐ Step outside for fresh air
- ☐ Practice gratitude
- ☐ Light a candle or diffuse a favorite scent (away from baby)

- ☐ Watch a favorite show
- ☐ Enjoy a favorite snack or treat

Daily Reflection

Today I'm grateful for: Click or tap here to enter text.

One thing I did well today: Click or tap here to enter text.

Something I need tomorrow: Click or tap here to enter text.

Remember

Healing takes time. Recovery isn't about getting everything done—it's about caring for yourself one day at a time. Small acts of self-care can make a meaningful difference during the postpartum period.