



Fourth Trimester Checklist

Birth Bag:

- Travel care kit (Toiletries *Chapstick)
- Robe, Socks & slippers (comfy clothes, nursing tank)
- Baby bag (swaddle, clothes, diapers)
- Car Seat
- Insurance Cards
- Phone & Activities
- Snacks

For 4th Trimester:

- Lots of water / herbal & raspberry tea
- Tissue
- Towels (paper, bath & kitchen)
- Soap (body, clothes & cleaning)
- Epson Salt
- Underwear
- Pads (comfortable maxi & padsicles)
- Perineal Soother (w/spray bottle warm water/mom washer)
- Stool softener
- No alcohol Witch-hazel
- Belly bind / Waist band
- Nursing tanks & bras
- Nursing pads & cream
- Robe & Socks
- Breast pump/bottles/storage containers
- Food Staples
- Snacks (hummus and chips, fruits, peanut butter crackers)
- Journal
- Other Toiletries
- Feeding stations
- List of Chores
- Meal Prep
- Save money for miscellaneous
- Tribe & Postpartum Doula

For baby:

- Diapers
- Wipes
- Clothes
- Bottles/supplies
- Baby detergent
- Swaddles
- Baby tub
- Somewhere to sleep
- Sleep sets
- Baby carrier / Stroller
- Car seat
- Baby Monitor



Fourth Trimester Checklist

The following support circle/tribe will be available to help care for baby:

Name: _____

Name: _____

Name: _____

Name: _____

Self - Care Commitment:

I find the following activities relaxing / rejuvenating:

- Going for a walk
- Taking a bath/shower
- An hour of alone time
- Meditation
- Journaling
- Exercise
- Spending private time with loved ones

I commit to doing at least one of these activities _____ times a week in my fourth trimester.

I will have one of my tribe members or _____ watch my baby.

X _____