

# DAILY POSTPARTUM SELF-CARE CHECKLIST

*Taking care of yourself is essential for healing, emotional well-being, and being present for your baby. This checklist offers small, manageable ways to prioritize self-care daily.*

## MORNING ROUTINE

- Hydrate first thing (warm water, herbal tea, or bone broth).
- Eat a protein-rich breakfast to support energy & hormone balance.
- Get sunlight exposure (even 5-10 minutes outdoors).
- Stretch or do gentle breathwork to support core & pelvic floor recovery.

## MIDDAY RESET

- Rest when baby sleeps (even a short lie-down helps)
- Eat nourishing snacks (healthy fats, protein, complex carbs)
- Spend a few minutes outside (fresh air & movement boost mood)
- Accept help & delegate (meals, laundry, chores - let others support you)

## EVENING WIND-DOWN

- Eat a warm, nutrient-dense dinner (protein + healthy fats + complex carbs)
- Check in with yourself emotionally (journaling, deep breathing, or talking)
- Reduce blue light exposure (dim lights, avoid screens before bed)
- Create a relaxing bedtime ritual (warm shower, herbal tea, magnesium)

## NIGHTTIME REST & RECOVERY

- Prioritize sleep & rest when possible (even if broken, any sleep helps)
- Keep water nearby for hydration during night feeds
- Breathe deeply & release tension before settling back to sleep