

# Gabriela Kraamzorg

Welcome to the Postpartum Week



# Postpartum Week Checklist

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## For the mother

- Maternity kit (via insurance or buy yourself)
- Waterproof bed pads (2)
- Underpads
- Maternity pads (preferably Natracare, 1–2 packs)
- Comfortable clothing / pyjamas
- 6–8 underwear
- Nursing pads + nipple cream (if breastfeeding)
- Bottle + formula (only if desired)

## For the baby

- 6–8 bodysuits
- 6–8 sleepsuits / onesies (e.g., HEMA)
- Muslin cloths (6–8)
- 2 hats
- Crib or bassinet
- 2 sheets + 2 blankets
- Baby thermometer (rectal)
- 70% alcohol (only if advised)

## At home

- Bed height 70–80 cm (use bed risers if needed)
- Clean basic household
- Foldable baby bath

# Recommended Care Products

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## Care

- Weleda Baby Calendula Shampoo & Body Wash

Gentle cleanser for delicate baby skin.

- Weleda Baby Calendula Body Oil

Soothing after bath or for gentle baby massage.

- Sudocrem (zinc ointment)

For diaper rash; apply thinly and only when needed.

- Natracare Maternity Pads

Soft, breathable and plastic-free.

## Clothing

- HEMA Sleepsuits

Comfortable and soft.

## Bath

- Foldable baby bath

Practical and space-saving.

# Nutrition & Recovery in the Postpartum Week

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## Fresh fruit

- Banana
- Kiwi
- Strawberry
- Blueberries
- Apple or pear

## Warm meals

- Oatmeal with cinnamon and fruit
- Vegetable or chicken soups
- Warm whole grain wraps
- Steamed vegetables

## Protein

- Eggs
- Chicken breast or salmon
- Yogurt or Greek yogurt

## Gentle energy

- Avocado
- Almonds
- Dates or honey
- Herbal tea