



<i>Peri Care</i>		<i>Breastfeeding</i>	
	Maxi Pads		Nursing Pads
	Disposable Underwear		Nipple Butter
	Peri Bottle		Nursing Pillow
	Tucks Pads/Witch Hazel		Haakaa
	Sitz Bath		Nursing Bras & Tanks
	Epsom Salts/Perineal Spray		Breast Pump
	Ibuprofen Pain Relief		Milk Storage Bags

<i>Whole Body</i>		<i>Books & Podcasts</i>	
	Water Bottle- Hydrate!		The 4th Trimester
	Postnatal Vitamins		The First Forty Days
	Colace Stool Softener		Nurture
	Heating Pad		Good Moms Have Scary Thoughts
	Comfortable Clothes/Robe		P: The Birth Hour/The Mom Hour
	Healthy snacks!		P: Mom & Mind
	Pink Stork Postpartum Recovery Tea		P: One Bad Mother

