

Mama Needs Rest: Postpartum Recovery Checklist

Rest is essential for postpartum recovery — it helps heal your body, stabilize your mood, and restore your energy. Use this checklist to make rest a priority in your daily routine.

- Sleep when the baby sleeps — even short naps add up.
- Ask friends or family for help with meals, cleaning, or errands.
- Set clear boundaries with visitors during the first few weeks.
- Use safe sleep practices for your baby so you can rest without worry.
- Create a calming bedtime routine — dim lights, soft music, gentle stretches.
- Keep snacks and water near your bed for nighttime feedings.
- Consider hiring a postpartum doula or night nurse if possible.
- Talk to your healthcare provider if anxiety or discomfort keeps you from resting.

This checklist is for educational purposes only. Always follow your healthcare provider's guidance.