









ripple postpartum care

RECOMMENDATIONS



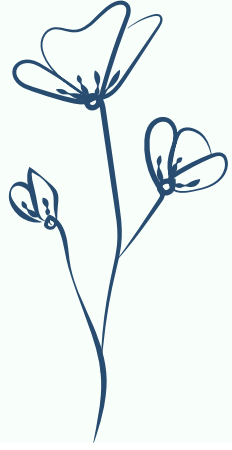
Here are some suggestions that I recommend to try and make the postpartum transition as smooth as we can. I list them here so that you can easily reference them, and we will discuss these all in person if you have any questions. This list is not exhaustive, and is a living document. I may change it or add to it at any time and I will do my best to provide you with the latest version.

-  Provide detailed instructions for your laundry routine and post them clearly by your washer and dryer.
-  Provide detailed instructions for your dishwashing routine and post them clearly in your kitchen. If you are bottle feeding, include your preferred method of cleaning bottles and make sure the tools needed are easily accessible.
-  Some helpful beverages to have on hand include coconut water, ginger tea, Smooth Move tea or CCF, Sleepytime tea or Siete Azahares (without mints)
-  Some helpful ingredients to have on hand include chicken or beef stock, mushroom if vegetarian, dried fruits like prunes or raisins, fresh dates, almonds, rice, pastini, sweet potato, squash
-  I will provide you with one peri bottle, you may want to purchase backups. I will also provide one muslin bag for herbal bath prep, you may want backups of these as well.
-  A thermos bottle can be a great option for keeping herbal infusions warm, as well as one dedicated for beverages. You may want a crock pot for either herbal support or for meals.




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 A sitz bath insert can be a convenient alternative to a full bath. They are usually found at any pharmacy.

 A non exhaustive list of things you may want at every location in the house you expect to be feeding your baby: pillows, burp cloths, pacifier, nipple salve, pump, glass or bottle full of water, thermos for tea, diaper changing supplies, phone charger



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