

Postpartum Recovery Checklist

Track your physical and emotional recovery day by day

Week 1: The First Days

Focus: Rest, feed baby, bond, accept help

- ☐ Established feeding routine (breast or bottle)
- ☐ Baby has been seen by pediatrician
- ☐ Pain is manageable with prescribed medications
- ☐ Bleeding is gradually decreasing
- ☐ Having bowel movements (may need stool softener)
- ☐ Eating and drinking regularly
- ☐ Getting some sleep between feedings
- ☐ Have support system in place

Week 2: Finding Your Rhythm

Focus: Continue resting, start moving gently

- ☐ Umbilical cord stump has fallen off (or is close)
- ☐ Starting to understand baby's cues
- ☐ Taking short walks if comfortable
- ☐ Connecting with other new parents
- ☐ Baby has regained birth weight
- ☐ Mood feels more stable (baby blues often peak day 4-5)

Baby blues should resolve by 2 weeks. If sadness, anxiety, or difficulty coping persists, contact your provider about postpartum depression screening.

Weeks 3-4: Gradual Progress

Focus: Gentle activity, self-care, adjusting to "new normal"

- ☐ Incision healing well (if c-section)
- ☐ Perineal soreness improving (if vaginal delivery)
- ☐ Able to do light household tasks
- ☐ Getting outside daily
- ☐ Feeding is becoming easier
- ☐ Partner and I are communicating about needs

Weeks 5-6: Postpartum Check-Up

Focus: Provider visit, discuss ongoing needs

- ☐ Attended 6-week postpartum appointment
- ☐ Discussed birth control options
- ☐ Completed postpartum depression screening
- ☐ Cleared for exercise (if desired)
- ☐ Discussed pelvic floor concerns
- ☐ Addressed any ongoing physical concerns

Questions for Your 6-Week Appointment

- ☐ Is my healing progressing normally?
- ☐ When can I resume exercise? What should I start with?
- ☐ When can we resume intercourse? What should I expect?
- ☐ What birth control options do you recommend?
- ☐ Should I see a pelvic floor therapist?
- ☐ How am I doing emotionally?

Daily Self-Care Checklist

Small acts that make a big difference:

- ☐ Drank at least 8 glasses of water
- ☐ Ate 3 meals (even small ones)
- ☐ Took medications/vitamins
- ☐ Rested when baby rested (or at least sat down!)
- ☐ Got some fresh air
- ☐ Talked to another adult
- ☐ Did something just for me (even 5 minutes)
- ☐ Accepted help without guilt

Warning Signs - Call Provider Immediately

- Fever over 100.4°F
- Heavy bleeding (soaking more than 1 pad/hour)
- Foul-smelling discharge
- Pain, redness, or discharge at incision site
- Severe headache that doesn't improve
- Vision changes
- Chest pain or difficulty breathing
- Calf pain, redness, or swelling
- Thoughts of harming yourself or baby

Trust your instincts. If something feels wrong, call your provider. It's always better to check than to wait.

Emotional Wellness Check-In

Rate how you're feeling (1 = rarely, 5 = often):

- ☐ I feel bonded with my baby: 1 2 3 4 5
- ☐ I feel hopeful about the future: 1 2 3 4 5
- ☐ I feel supported: 1 2 3 4 5
- ☐ I am able to rest: 1 2 3 4 5
- ☐ I feel like myself: 1 2 3 4 5

