

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

