

Postpartum Checklist

- Make appointments
 - For you:
 - » between 1-3 weeks postpartum (if needed)
 - » between 4-8 weeks postpartum
 - For the baby: within one week of life

- Add the baby to your insurance

- Go to newmomhealth.com for great resources

- Connect with a lactation consultant if needed. Some options include:
 - Nest Collaborative
 - » <https://book.nestcollaborative.com/1?partner=gw>
 - The Breastfeeding Center
 - » <https://www.breastfeedingcenter.org>

- Consider postpartum pelvic floor physical therapy- discuss with your provider