

Self-Care Checklist

Body Care

- ☐ Long-lasting Water Bottle
- ☐ Prenatal or Postnatal Vitamins
- ☐ Comfortable Loungewear or Robe
- ☐ Soft Slippers or Warm Socks
- ☐ Nourishing Body Lotion or Oil
- ☐ Dry Shampoo
- ☐ Bath Salts or Soothing Bubble Bath
- ☐ Epsom Salt for muscle relief
- ☐ Heating Pad or Hot Water Bottle
- ☐ Reusable Cold Packs for postpartum pain

Rest + Recovery

- ☐ Eye Mask or Weighted Sleep Mask
- ☐ White Noise Machine
- ☐ Essential Oil Diffuser with Lavender or Chamomile
- ☐ Cozy Blanket or Weighted Throw
- ☐ Calming Herbal Tea Set
- ☐ Postpartum Pillow Support
- ☐ Sleep Tracking App or Journal

Mind + Soul Care

- ☐ Daily Journal or Gratitude Notebook
- ☐ Guided Meditation App Subscription
- ☐ Inspirational Book or Audiobook
- ☐ Uplifting Podcast Playlist
- ☐ Affirmation Cards or Wall Prints
- ☐ Self-Care Planner
- ☐ Therapy or Coaching Sessions

Self-Care Checklist

Nutrition + Nourishment

- ☐ Easy-to-Use Blender or Smoothie Maker
- ☐ Healthy Snack Box Subscription
- ☐ Meal Prep Containers
- ☐ Protein Bars / Lactation Cookies
- ☐ Postpartum Meal Planner
- ☐ Reusable Grocery Bags

Connection + Joy

- ☐ Support Group or Mom Circle (like Momkinz Community)
- ☐ Date Night Outfit or Perfume
- ☐ Photo Book or Memory Journal
- ☐ Baby Carrier for Hands-Free Walks
- ☐ Favorite Music Playlist or Speaker
- ☐ Gratitude Jar

Momkinz Tip

You deserve moments that are just for you. Start small one mindful sip, one deep breath, one walk, one pause. Your healing matters. You matter.