

Recovery Station Checklist

Baby Feeding Station Checklist

Essential Comfort Items

- ☐ Supportive chair or glider with arms
- ☐ Footstool or ottoman (proper height for knees above hips)
- ☐ Back support pillow
- ☐ Nursing pillow
- ☐ Extra cushions for position adjustments
- ☐ Small lumbar support pillow
- ☐ Soft blanket for comfort

Hydration & Nutrition Corner

- ☐ Large water bottle with straw
- ☐ Secondary water bottle (backup)
- ☐ Snack container with lid
- ☐ Small insulated bag/cooler
- ☐ Disposable hand wipes
- ☐ Cup holder or stable side table

Feeding Support Items

- ☐ Burp cloths (minimum 3)
- ☐ Nursing pads
- ☐ Nipple cream
- ☐ Small towel for spills
- ☐ Nursing cover (if desired)
- ☐ Hand sanitizer
- ☐ Tissues

Baby Care Essentials

- ☐ Diapers (5-6)
- ☐ Wipes
- ☐ Diaper cream
- ☐ Change of clothes for baby
- ☐ Small swaddle or blanket
- ☐ Pacifier (if using)

Mom's Care Kit

- ☐ Peri bottle
- ☐ Postpartum pad
- ☐ Change of breast pads
- ☐ Pain relief items (as prescribed)
- ☐ Healing spray/cream
- ☐ Change of underwear
- ☐ Extra shirt for leaks

Entertainment/Comfort

- ☐ Phone charger with long cord
- ☐ Tablet/book holder
- ☐ Headphones
- ☐ Small fan
- ☐ Remote controls

☐ Reading material

☐ Journal and pen

Diaper Station Checklist

Essential Supplies

- ☐ Portable diaper caddy
- ☐ Diapers (8-10)
- ☐ Wipes container
- ☐ Diaper cream

- ☐ Changing pad
- ☐ Small trash can with lid
- ☐ Trash bag liners

Backup Clothing

- ☐ 2 baby outfits
- ☐ 2 pairs of socks
- ☐ Extra swaddle

- ☐ Burp cloth
- ☐ Small blanket

Cleaning Supplies

- ☐ Disinfectant spray
- ☐ Paper towels

- ☐ Hand sanitizer
- ☐ Disposable gloves (optional)

Bathroom Recovery Station

Personal Care

- ☐ Peri bottle
- ☐ Postpartum pads
- ☐ Witch hazel pads
- ☐ Sitz bath supplies

- ☐ Pelvic ice packs
- ☐ Pain relief spray
- ☐ Clean underwear

Hygiene Items

- ☐ Gentle cleansing wipes
- ☐ Fresh towels
- ☐ Dry shampoo

- ☐ Basic toiletries
- ☐ Hair ties
- ☐ Face wipes

Bedside Recovery Station

Night Feeding Essentials

- ☐ ☐ Small basket/caddy
- ☐ ☐ Water bottle

- ☐ ☐ Snack pack
- ☐ ☐ Burp cloth
- ☐ ☐ Nursing pads

- ☐ ☐ Phone charger
- ☐ ☐ Night light

- ☐ ☐ Sound machine

Quick-Access Items

- ☐ Pain medication (as prescribed)
- ☐ Extra pillows
- ☐ Light blanket

- ☐ Hand sanitizer
- ☐ Tissues

Kitchen Recovery Station

One-Handed Snack Prep

- ☐ Granola bars
- ☐ Cut fruit
- ☐ Pre-portioned nuts

- ☐ Prepared protein bites
- ☐ Bottled drinks
- ☐ Easy-open containers

Feeding Support

- ☐ Paper plates/utensils
- ☐ Pre-filled water bottles
- ☐ Lactation supplies

- ☐ Quick snack basket
- ☐ Vitamin station

Recovery Station Setup Tips

Location Guidelines

1. Set up primary station where you spend most time
2. Create mini-stations in frequently used rooms
3. Keep essential items at arm's reach
4. Ensure good lighting at each station
5. Position near electrical outlets

1. Use clear containers for visibility
2. Label boxes/baskets clearly
3. Keep most-used items front and center
4. Create backup supply storage
5. Implement restocking routine

Energy-Saving Arrangements

1. Position stations to minimize walking
2. Create duplicate essential kits
3. Use rolling carts when possible
4. Keep heavy items at waist height
5. Arrange items by frequency of use

Organization Tips

Daily Maintenance Checklist

Morning Reset

- ☐ Refill water bottles
- ☐ Restock snacks
- ☐ Check diaper supplies

- ☐ Empty trash bins
- ☐ Wipe down surfaces

Evening Preparation

- ☐ Prepare night station
- ☐ Restock feeding supplies
- ☐ Clean pump parts (if needed)

- ☐ Set up morning essentials
- ☐ Check next day's needs

Support Team Instructions

Partner/Helper Tasks

- ☐ Daily station check
- ☐ Supply restocking
- ☐ Trash removal

- ☐ Laundry rotation
- ☐ Snack preparation

Weekly Management

- ☐ Deep clean stations
- ☐ Inventory supplies
- ☐ Wash all station linens

- ☐ Replace expired items
- ☐ Update station arrangements

Additional Considerations

Climate Control

- ☐ Small fan
- ☐ Light blanket

- ☐ Temperature control access
- ☐ Air freshener (if desired)

Safety Measures

- ☐ Secure furniture
- ☐ Clear walking paths
- ☐ Night lights

- ☐ Non-slip mats
- ☐ Emergency contacts list

Comfort Upgrades

- ☐ Essential oil diffuser
- ☐ Comfort lighting
- ☐ Extra cushions
- ☐ Relaxation items