



*How to*

# Prep for Postpartum from Tip to Toe

A GUIDE TO HELP YOU TRANSITION INTO  
MOTHERHOOD WITH EASE

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## ABOUT

Karlie is a Speech-Language Pathologist specialized in newborn, infant, and pediatric feeding and swallowing. She works in acute and maternal care settings supporting mamas and babies with their feeding journeys.

She completed her Masters degree in Communication Sciences and Disorders and has worked to assess, treat, and support hundreds of little ones with feeding issues.

She lives in Saskatoon, SK, Canada and wants to support as many expecting and new mamas as possible to feel prepared, confident, and supported when entering into motherhood.

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## DAILY AFFIRMATIONS FOR A NEW MAMA

1. I am a new mom and I will do my best to love my baby and myself on this journey.
2. I am all that my baby needs. I am enough.
3. I will give myself grace and allow my body, mind, and soul to heal.
4. I am a warrior, My body has never been so strong.
5. In moments of uncertainty I will follow my intuition and do what is best for my baby and for myself.
6. I will give myself grace. I understand that things will get better day by day as we grow together in this new life.
7. It will take time for me to learn what my baby needs. It is okay if I do not figure him/her out overnight. We have an entire lifetime together.
8. I will take care of myself first in order to take care of my child.
9. I promise to ask for help and support from those willing to provide it.
10. I am releasing all expectations of perfection. Life is not perfect.
11. All my child needs is comfort and love. I can provide both of those with ease.
12. I am balanced in mind, body, and spirit.
13. It is okay if I do not enjoy every moment of motherhood. I love being a mom and that does not mean I need to love and savor every little detail.
14. I will wear my new body proudly and love it beyond measure. My body has done amazing things for me my entire life and I vow to keep it healthy and to cherish the gift it has given me.
15. I am my baby's mother. I can not disappoint them. I can simply love them.

# HOSPITAL BAG



## WHAT TO PACK

Mamas always tend to overpack for their hospital stay when truthfully, the hospital you birth in provides many of the items that you need. Here are the essentials and a few extras! Most hospitals will have a pump to use if needed; but taking yours is a good idea so an IBCLC can help you determine the proper flange size and show you how to use your pump properly! Oh, and the key to a good night's sleep in hospital? Bring your own pillow, mama.

# POST-PARTUM KIT

Breast pads



Hot/cold compressions



Nursing Bras & Period Panties



Frida Upside Down Peri Bottle



Postpartum Belly Band



Add a heading



Breastpump



Heavy and Light Pads



Witch Hazel for Padsicles



Epsom Salts



Stool Softeners

## PRODUCTS FOR HEALING AND RECOVERY IN THE EARLY DAYS TO WEEKS POSTPARTUM

Aftercare is an extremely important part of recovery. From your Tatas to your Hoo-Ha, these products will help make those first few days to weeks that much more comfortable.

## How to prepare with your partner

If you are an expecting mama who has a partner, then it is extremely important that you prepare together for how things may change once you bring that little bundle of joy home.

It is important for your partner and you to have these "planning" conversations before you go into labor so that you both know how to support one another once baby arrives.

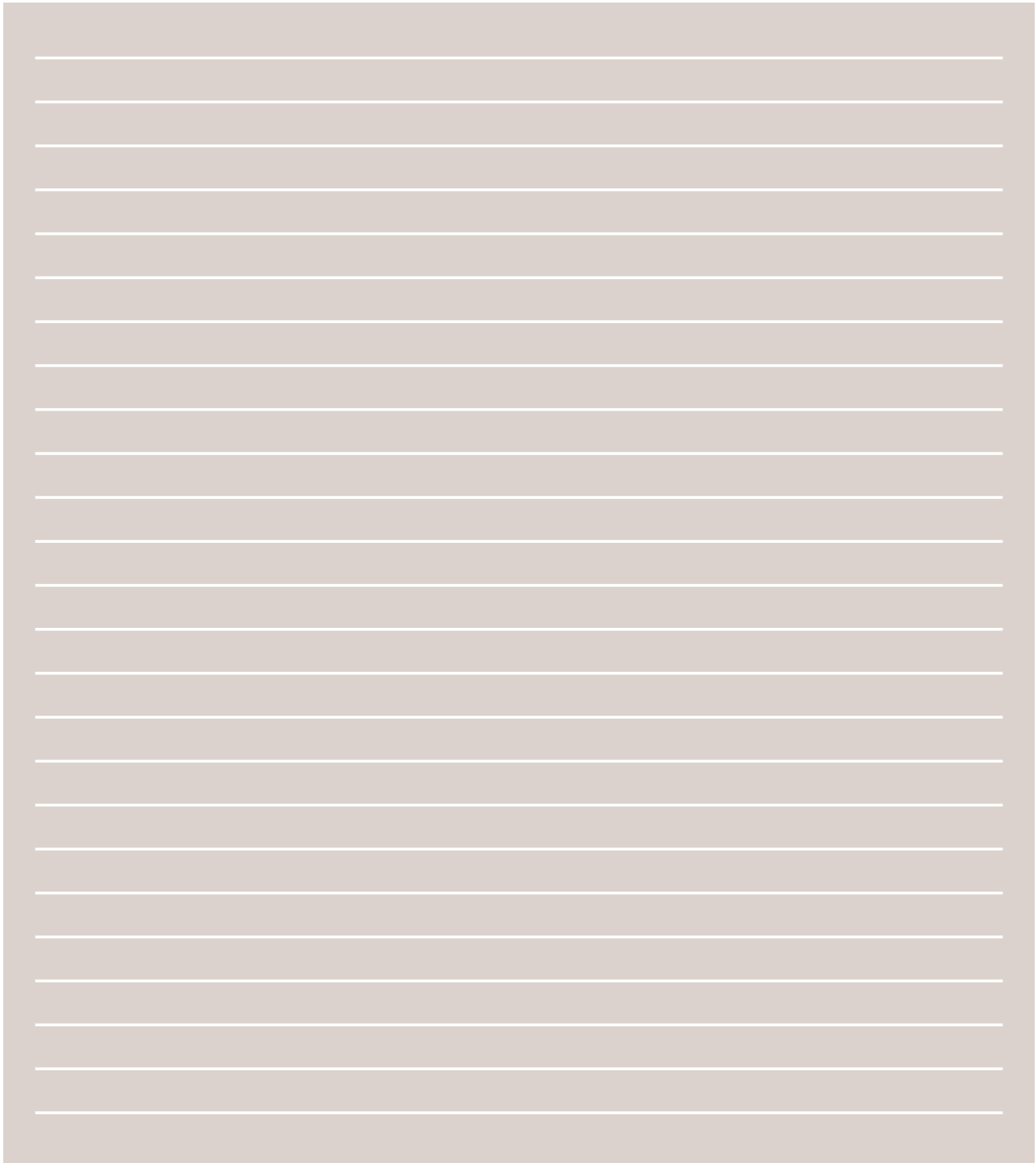
These conversations can cover things from physical tasks you need your partner to take the lead on to what your partner may need from you emotionally and vice versa.

Preparation with your partner can help set you up for a much easier transition from being a couple into being a couple AND parents.



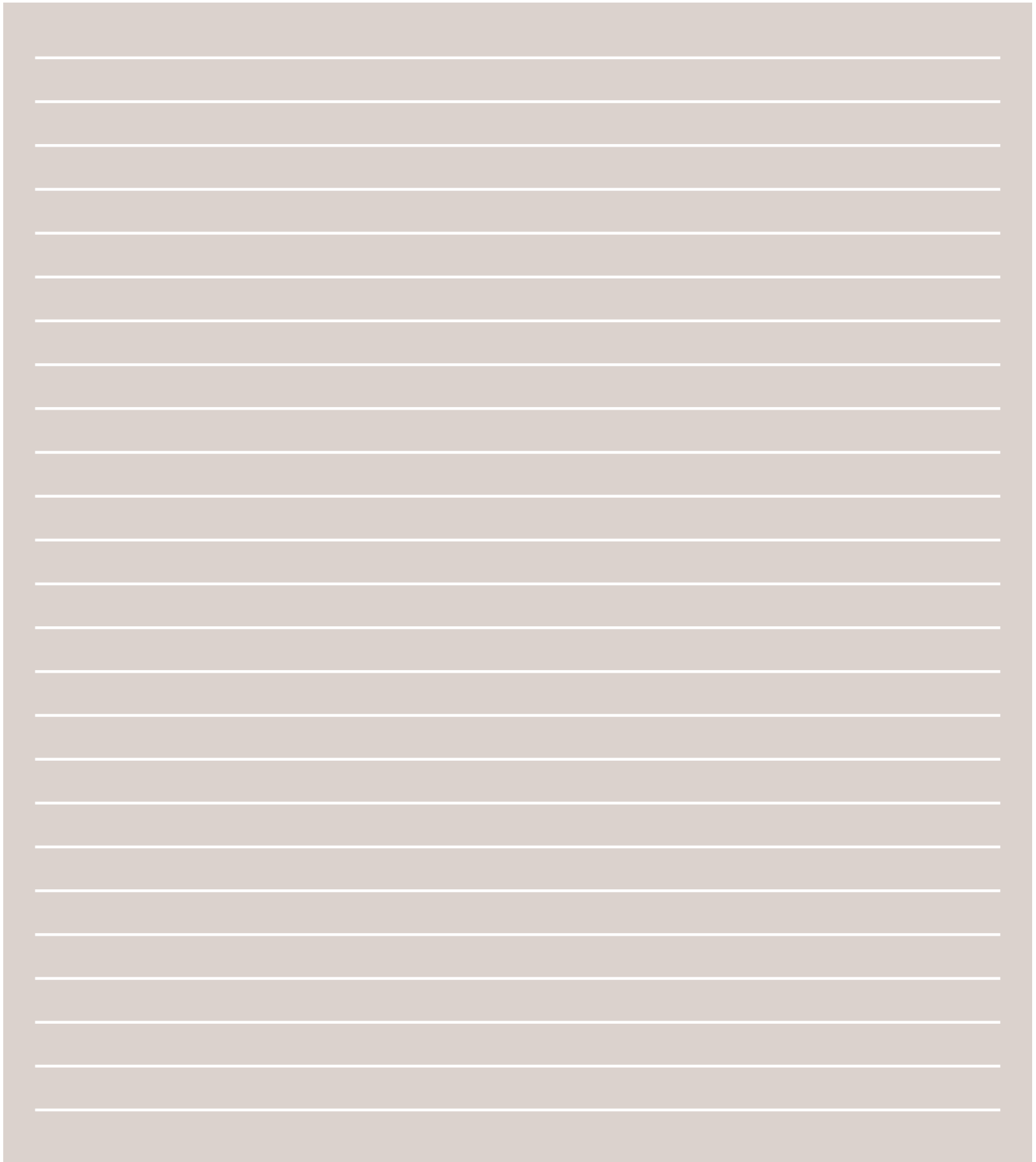
## A letter of honesty for your partner:

Write a letter to your partner below telling them how you are feeling as you approach the birth of your child. Tell them what you TRULY need from them during the delivery, during your hospital stay (if having a hospital birth), and in those first few weeks to months after baby is born. Be sure to include your emotional/physical touch needs from them, as well as the task related needs.



## A letter of honesty for your partner:

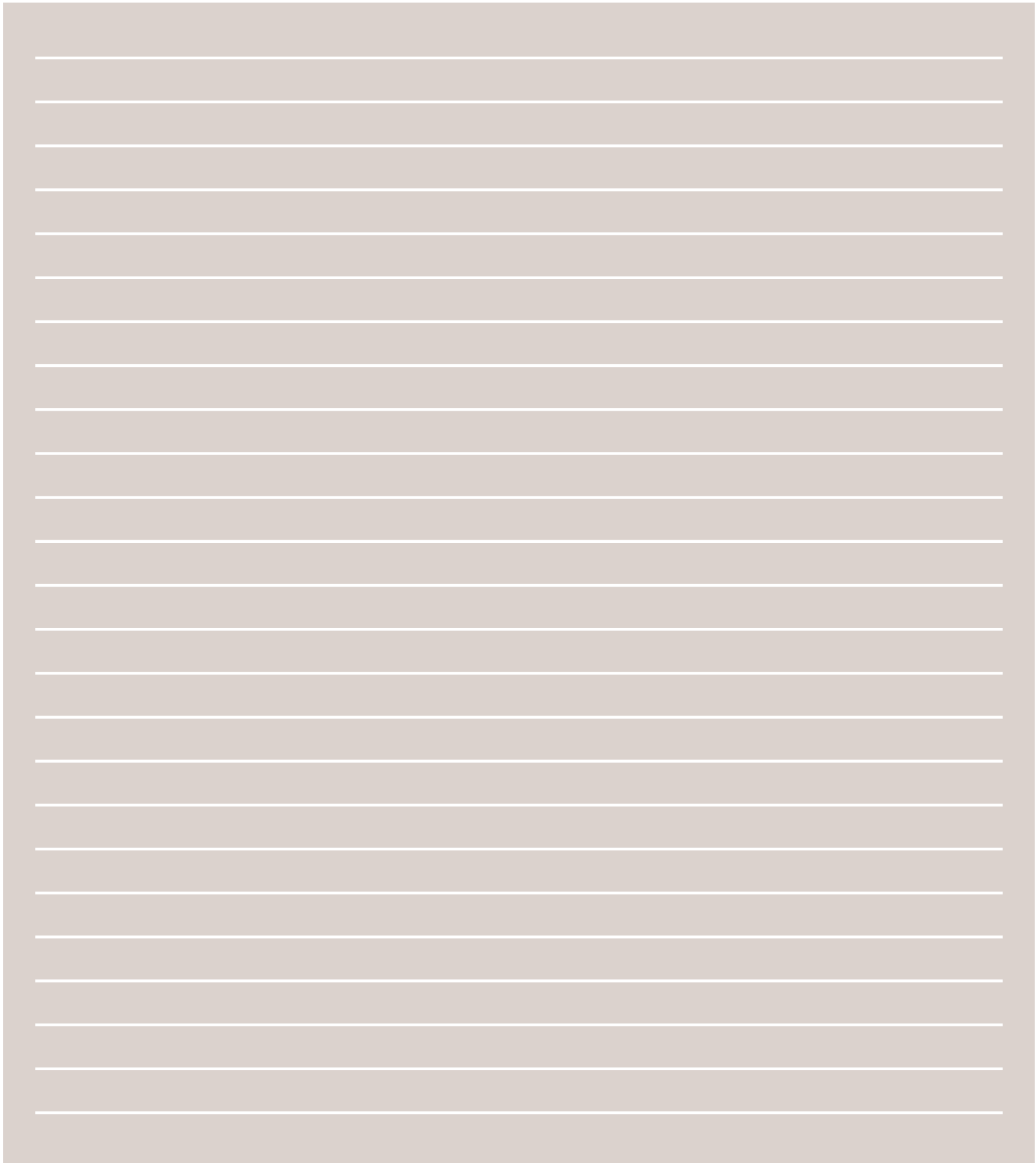
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A large rectangular area with a light beige background and horizontal white lines, intended for writing a letter. The lines are evenly spaced and cover the entire width of the area.



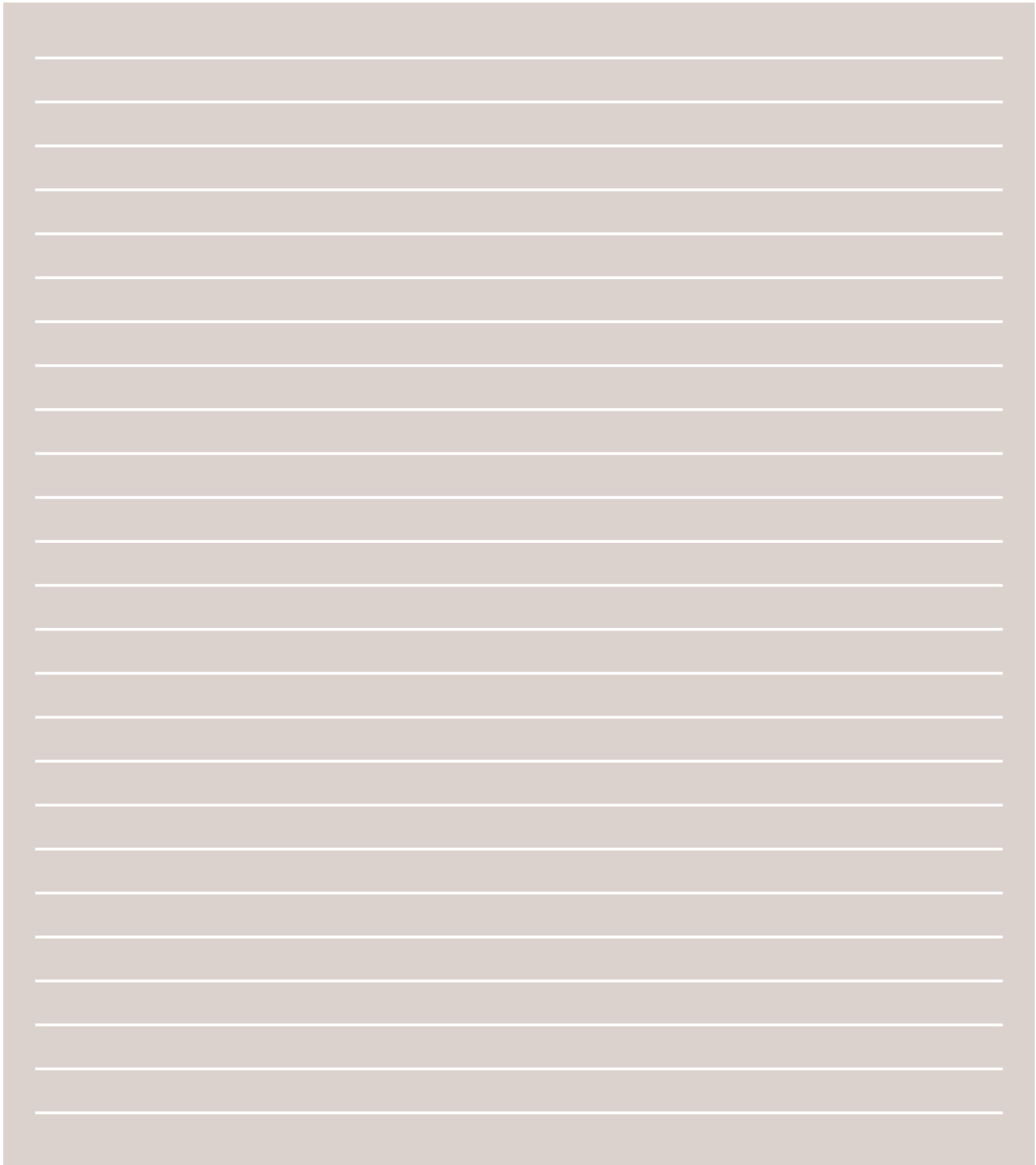
## A letter of honesty from your partner:

Ask your partner to write a letter to you below telling you how he/she/they feel as you approach the arrival of your little one. Even though they will not be the one giving birth, their life will also change in an instant and so will their needs. Be sure that they include what they will need from you from an emotional and physical touch standpoint, as well as a task-based standpoint.



# A letter of honesty from your partner:

Continued

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## Seven days of connection

The birth of your child will make you feel more connected than you ever have to your partner. At the same time, it is more difficult than ever to find those moments to connect with your partner without distraction. Write out **ATLEAST** one way that you promise to connect with each other for each of the first seven days after you bring baby home from the hospital. Do not overthink it. This can be something as simple as promising to brush your teeth together in the evening or taking 5 minutes to check in with one another. Make an oath to one another to carry this on beyond those first seven days as best as you can to help maintain that strong, loving connection that you deserve to share.

DAY 1:

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DAY 2:

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DAY 3:

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DAY 4:

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DAY 5:

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DAY 6:

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DAY 7:

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NOTES:

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## Meals - weekly planner

Plan ahead how you are going to tackle meals in those first few weeks after the baby arrives. Whether you plan on asking family or friends to drop off meals, making a bunch of meals to freeze and have on hand, or cooking each meal as it approaches, having a plan will ensure that you are getting the nutrition and energy you need to nourish your body, your partner's body, and your baby's body (if you choose to breastfeed). Planning ahead for meals is a life saver, trust me! So go ahead, make a plan below, and get to cookin' mama (B = Breakfast, L = Lunch, S= Supper)!

DAY 1

B:  
L:  
S:

DAY 2

B:  
L:  
S:

DAY 3

B:  
L:  
S:

DAY 4

B:  
L:  
S:

DAY 5

B:  
L:  
S:

DAY 6

B:  
L:  
S:

DAY 7

B:  
L:  
S:

SNACKS ON HAND:

## Establishing a plan for visitors once you return home

Who? When? How long? Rules?

Visitors during a pandemic is a whole other ball game. In one way it is much easier to manage because there are restrictions in place and, well, people are more understanding if you say "no thank you" to visitors.

But, believe me when I tell you that having support from friends and family can be extremely important with a newborn (yes, even that Mother-in-law that you "clash" with).

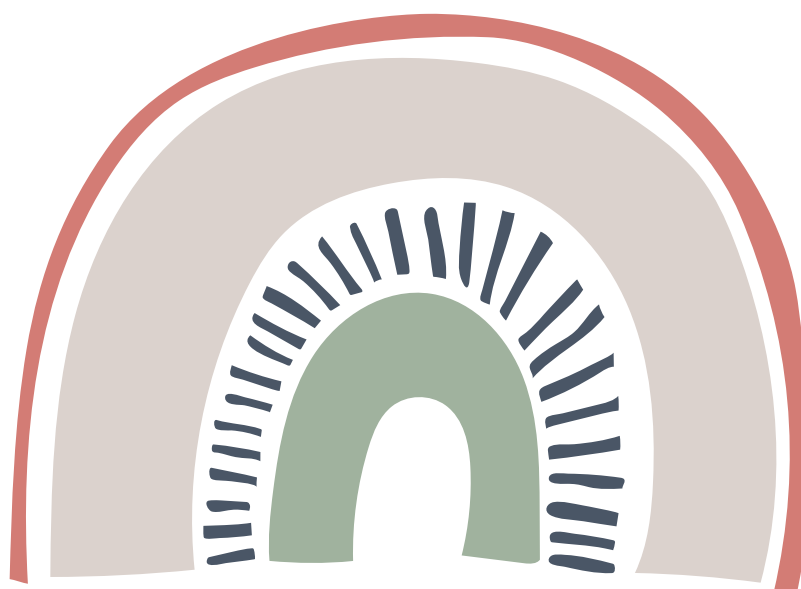
Even if that support is a friend or family member coming to clean the dishes or cook you supper. Every little bit can make all the difference.

It is important that you and your partner come up with a plan to

discuss the who, what, when, how long, and "rules" that you want to have in place for visitors.

It might also be best to notify your close friends and family of these "rules" before baby arrives, so that you are not overwhelmed by everyone wanting to see the baby if that was not in your plans.

And if your plans change? It's okay! Having an initial plan in place is important, but just like life, plans change and adapt as your needs do! So, get to talking with your partner and come up with something that makes you BOTH feel happy and supported.



# Visitors

WHO?

WHO?

WHEN CAN THEY VISIT  
AFTER WE GET HOME?

HOW LONG CAN EACH  
VISIT LAST?

GROUND RULES FOR  
HOLDING BABY:

GROUND RULES FOR  
NOISE LEVEL:

GROUND RULES FOR  
HAND HYGIENE:

OTHER RULES/  
REQUESTS:

OTHER RULES/  
REQUESTS:

OTHER RULES/  
REQUESTS:

## Establish a plan for nighttime wakes and feeds

Trust me when I say, you will want to have somewhat of a plan or an agreement when it comes to nighttime wakes and feeds.

In the first few months (or years) of your life, your little one will be waking in the night to feed or in need of comfort.

Having a plan in place on who will wake to change diapers, to rock baby back to sleep, to prepare the bottle, to bring baby to bed to nurse, so on and so forth will be VERY important.

Of course as we talked about earlier, plans change and things won't always go exactly as you had agreed to, but coming up with a "loose plan" of who is in charge of what and how you will support one another will make things go much more smoothly.

WRITE OUT YOUR  
PLANS FOR MANAGING  
THIS BELOW:



## Postpartum appointments for mama

After birth it is extremely important to take care of yourself. You don't just need one OB-GYN appointment at 6 weeks postpartum. Consider booking yourself a pelvic floor physical therapy appointment and a chiropractor appointment in the first 1-2 weeks after giving birth. Having a baby whether vaginally or via c-section takes a toll on your body and both Pelvic PT and chiropractic adjustments can make the world of a difference in helping you heal. Even consider popping a few self-care appointments on this list like a pedicure or haircut that perhaps you neglected during pregnancy (you deserve it, mama)!

PELVIC FLOOR APPT:

CHIROPRACTOR APPT:

OB-GYN 6 WEEK APPT:

SELF-CARE APPT:

OTHER:

OTHER:

OTHER:

OTHER:



## Consider downloading:

- An app for tracking baby's feeds
- An app for tracking baby's sleep
- The Huckleberry App is a fan favorite as it provides you with options to track both sleep and feeding. It has tons of great options and they send free tips for sleep as your baby grows!

In those first few days, weeks, and even months everything can become a bit of a blur. Using an app for tracking sleep and feeds can remind you when you last fed baby, what breast you last fed on, how much baby took from a bottle, and how long baby slept during the night! It can make things just a bit more clear and help ensure you are feeding babe as often as they need to, while also letting them rest like their little bodies need! Trust me, Mom Brain is a thing.





# BOOK A

## PREP-TALK OR ENROLL IN THE PREPPED PARENT

### Due right around the corner?

Book a 30 minute 1:1 prep-talk with Karlie.

This is an opportunity to ask any and all feeding related questions that you feel uncertain or worried about. Karlie can provide answers, recommendations, and advice to help you feel more prepared, confident, and at ease as you move into motherhood. Questions can range from breastfeeding, to bottling, to pumping, and beyond.

### Due in August or later?

Book a free 30 minute call to discuss enrollment into Karlie's 6 week Prepped Parent Feeding Program to help you dive deep into preparation for feeding your little one so that you can feel confident, prepared, and empowered as you enter into motherhood.

Reach out to Karlie on IG [@karliehudon.slp](https://www.instagram.com/karliehudon.slp) or email her at [hello@karliehudon.com](mailto:hello@karliehudon.com) to discuss how Karlie can be there to support the feeding journey you will soon embark on with your little one!