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Master Postpartum Checklist *A Daily, Weekly & Monthly Guide for the First Year*

Daily Checks - Mother

- Bleeding (lochia) – amount, color, odor, clots
- Pain levels (perineum, incision, breasts, abdomen)
- Breast/nipple health (engorgement, cracks, mastitis signs)
- Pelvic floor/bladder/bowel function (leakage, constipation)
- Hours of sleep/rest (day + night)
- Meals eaten (balanced nutrition, snacks, hydration)
- Mood rating (1–10)
- Self-care activity (shower, walk, relaxation)

Daily Checks - Baby

- Feeds today (time, duration, amount)
- Wet diapers (#)
- Dirty diapers (# + appearance)
- Sleep & naps (duration, times)
- Bonding activity (skin-to-skin, reading, singing, play)
- Baby's comfort check (crying patterns, colic signs, temperature)

Weekly Checks - Mother

- Physical recovery progress (pain reducing, wound healing)
- Energy level check (low / moderate / high)
- Mood review: any signs of baby blues, anxiety, or depression?
- Movement: gentle stretching, walking, pelvic floor exercises
- Did I connect with someone supportive (partner, family, friend)?
- Time for self-care/reflection taken at least once this week

Weekly Checks - Baby

- Weight/length (if monitored at home)
- Developmental milestones (lifting head, smiling, babbling, etc.)
- Safe sleep setup checked (crib, mattress, no loose items)

- Safety in the home reviewed (cords, outlets, small objects, car seat)
- Play & stimulation activities done (tummy time, songs, interaction)

Weekly Checks - Family Life

- Partner relationship check-in: shared responsibilities balanced?
- Household logistics: meals, cleaning, errands manageable?
- Support network: Did I ask for or receive help this week?

Monthly Checks - Mother

- Postpartum check-up (6 weeks, 3 months, 6 months, 12 months)
- Contraception/family planning reviewed
- Long-term health: pelvic floor, menstruation return, energy levels
- Reflection prompt: How am I feeling as a mother this month?

Monthly Checks - Baby

- Pediatric check-up & vaccinations
- Developmental milestones (rolling, sitting, crawling, walking, first words)
- Feeding review: breastfeeding/bottle progress, solids, food reactions
- Growth logged (weight, length, head circumference)

Monthly Checks - Social/Family Life

- Did we spend time as a couple without baby?
- Did I connect with other mothers/parents or a support group?
- Financial review: expenses, childcare planning, work transition
- Reflection prompt: What's working well in our routine? What needs adjustment?

Notes:
