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NURTURING BEGINNINGS

■ Postpartum Checklist Planner — Month 1

Track daily, weekly, and monthly items. Use the milestone reminders for focus.

Daily Checklist (Weekly Overview)

Daily Checklist Item	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
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Monthly Targets & Milestones

Bleeding (lochia)	■	■	■	■	■	■	■
Pain levels	■	■	■	■	■	■	■
Breast/nipple health	■	■	■	■	■	■	■
Sleep/rest hours	■	■	■	■	■	■	■
Meals & hydration	■	■	■	■	■	■	■
Mood rating (1–10)	■	■	■	■	■	■	■
Self-care activity	■	■	■	■	■	■	■
Baby feeds	■	■	■	■	■	■	■
Baby diapers	■	■	■	■	■	■	■
Baby sleep/naps	■	■	■	■	■	■	■
Bonding activity	■	■	■	■	■	■	■

Weekly Checklist (Month Overview)

Weekly Checklist Item	Week 1	Week 2	Week 3	Week 4
Mother's physical recovery	■	■	■	■
Mood & stress check	■	■	■	■
Gentle exercise/movement	■	■	■	■
Connection with support system	■	■	■	■
Baby's milestones	■	■	■	■
Safety check (sleep/home/car seat)	■	■	■	■
Family/partner check-in	■	■	■	■

Monthly Checklist Item	Done	Milestone Reminders
Postpartum medical check (if scheduled)	■	• Establish feeding routine (latch/positioning)
Contraception/family planning review	■	• Safe sleep setup confirmed
Baby pediatric visit & vaccinations (if scheduled)	■	• Skin-to-skin bonding daily
Developmental milestone review	■	• Postpartum bleeding monitoring
Family finances/household routines review	■	
Personal reflection: motherhood & well-being	■	

Notes:

Monthly Targets & Milestones

■ Postpartum Checklist Planner — Month 2

Track daily, weekly, and monthly items. Use the milestone reminders for focus.

Daily Checklist (Weekly Overview)

Daily Checklist Item	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
Bleeding (lochia)	■	■	■	■	■	■	■
Pain levels	■	■	■	■	■	■	■
Breast/nipple health	■	■	■	■	■	■	■
Sleep/rest hours	■	■	■	■	■	■	■
Meals & hydration	■	■	■	■	■	■	■
Mood rating (1–10)	■	■	■	■	■	■	■
Self-care activity	■	■	■	■	■	■	■
Baby feeds	■	■	■	■	■	■	■
Baby diapers	■	■	■	■	■	■	■
Baby sleep/naps	■	■	■	■	■	■	■
Bonding activity	■	■	■	■	■	■	■

Weekly Checklist (Month Overview)

Weekly Checklist Item	Week 1	Week 2	Week 3	Week 4
Mother's physical recovery	■	■	■	■
Mood & stress check	■	■	■	■
Gentle exercise/movement	■	■	■	■
Connection with support system	■	■	■	■
Baby's milestones	■	■	■	■
Safety check (sleep/home/car seat)	■	■	■	■
Family/partner check-in	■	■	■	■

Monthly Checklist Item	Done	Milestone Reminders
Postpartum medical check (if scheduled)	■	• Introduce gentle movement (pelvic floor)
Contraception/family planning review	■	• Soothing strategies for colic
Baby pediatric visit & vaccinations (if scheduled)	■	• Tummy time daily (short sessions)
Developmental milestone review	■	• Plan 6-week check-ups
Family finances/household routines review	■	
Personal reflection: motherhood & well-being	■	

Notes:

Monthly Targets & Milestones

■ Postpartum Checklist Planner — Month 3

Track daily, weekly, and monthly items. Use the milestone reminders for focus.

Daily Checklist (Weekly Overview)

Daily Checklist Item	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
Bleeding (lochia)	■	■	■	■	■	■	■
Pain levels	■	■	■	■	■	■	■
Breast/nipple health	■	■	■	■	■	■	■
Sleep/rest hours	■	■	■	■	■	■	■
Meals & hydration	■	■	■	■	■	■	■
Mood rating (1–10)	■	■	■	■	■	■	■
Self-care activity	■	■	■	■	■	■	■
Baby feeds	■	■	■	■	■	■	■
Baby diapers	■	■	■	■	■	■	■
Baby sleep/naps	■	■	■	■	■	■	■
Bonding activity	■	■	■	■	■	■	■

Weekly Checklist (Month Overview)

Weekly Checklist Item	Week 1	Week 2	Week 3	Week 4
Mother's physical recovery	■	■	■	■
Mood & stress check	■	■	■	■
Gentle exercise/movement	■	■	■	■
Connection with support system	■	■	■	■
Baby's milestones	■	■	■	■
Safety check (sleep/home/car seat)	■	■	■	■
Family/partner check-in	■	■	■	■

Monthly Checklist Item	Done	Milestone Reminders
Postpartum medical check (if scheduled)	■	• Review contraception options
Contraception/family planning review	■	• Track early developmental leaps
Baby pediatric visit & vaccinations (if scheduled)	■	• First outings with baby
Developmental milestone review	■	• Childcare research (if needed)
Family finances/household routines review	■	
Personal reflection: motherhood & well-being	■	

Notes:

Monthly Targets & Milestones

■ Postpartum Checklist Planner — Month 4

Track daily, weekly, and monthly items. Use the milestone reminders for focus.

Daily Checklist (Weekly Overview)

Daily Checklist Item	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
Bleeding (lochia)	■	■	■	■	■	■	■
Pain levels	■	■	■	■	■	■	■
Breast/nipple health	■	■	■	■	■	■	■
Sleep/rest hours	■	■	■	■	■	■	■
Meals & hydration	■	■	■	■	■	■	■
Mood rating (1–10)	■	■	■	■	■	■	■
Self-care activity	■	■	■	■	■	■	■
Baby feeds	■	■	■	■	■	■	■
Baby diapers	■	■	■	■	■	■	■
Baby sleep/naps	■	■	■	■	■	■	■
Bonding activity	■	■	■	■	■	■	■

Weekly Checklist (Month Overview)

Weekly Checklist Item	Week 1	Week 2	Week 3	Week 4
Mother's physical recovery	■	■	■	■
Mood & stress check	■	■	■	■
Gentle exercise/movement	■	■	■	■
Connection with support system	■	■	■	■
Baby's milestones	■	■	■	■
Safety check (sleep/home/car seat)	■	■	■	■
Family/partner check-in	■	■	■	■

Monthly Checklist Item	Done	Milestone Reminders
Postpartum medical check (if scheduled)	■	• Return to exercise (gradual)
Contraception/family planning review	■	• Pumping & milk storage practice
Baby pediatric visit & vaccinations (if scheduled)	■	• Rolling practice & tummy time
Developmental milestone review	■	• Work transition planning
Family finances/household routines review	■	
Personal reflection: motherhood & well-being	■	

Notes:

Monthly Targets & Milestones

■ Postpartum Checklist Planner — Month 5

Track daily, weekly, and monthly items. Use the milestone reminders for focus.

Daily Checklist (Weekly Overview)

Daily Checklist Item	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
Bleeding (lochia)	■	■	■	■	■	■	■
Pain levels	■	■	■	■	■	■	■
Breast/nipple health	■	■	■	■	■	■	■
Sleep/rest hours	■	■	■	■	■	■	■
Meals & hydration	■	■	■	■	■	■	■
Mood rating (1–10)	■	■	■	■	■	■	■
Self-care activity	■	■	■	■	■	■	■
Baby feeds	■	■	■	■	■	■	■
Baby diapers	■	■	■	■	■	■	■
Baby sleep/naps	■	■	■	■	■	■	■
Bonding activity	■	■	■	■	■	■	■

Weekly Checklist (Month Overview)

Weekly Checklist Item	Week 1	Week 2	Week 3	Week 4
Mother's physical recovery	■	■	■	■
Mood & stress check	■	■	■	■
Gentle exercise/movement	■	■	■	■
Connection with support system	■	■	■	■
Baby's milestones	■	■	■	■
Safety check (sleep/home/car seat)	■	■	■	■
Family/partner check-in	■	■	■	■

Monthly Checklist Item	Done	Milestone Reminders
Postpartum medical check (if scheduled)	■	• Manage 4-month sleep regression
Contraception/family planning review	■	• Refine nap/bedtime routines
Baby pediatric visit & vaccinations (if scheduled)	■	• Increase floor play for motor skills
Developmental milestone review	■	• Plan childcare logistics
Family finances/household routines review	■	
Personal reflection: motherhood & well-being	■	

Notes:

Monthly Targets & Milestones

■ Postpartum Checklist Planner — Month 6

Track daily, weekly, and monthly items. Use the milestone reminders for focus.

Daily Checklist (Weekly Overview)

Daily Checklist Item	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
Bleeding (lochia)	■	■	■	■	■	■	■
Pain levels	■	■	■	■	■	■	■
Breast/nipple health	■	■	■	■	■	■	■
Sleep/rest hours	■	■	■	■	■	■	■
Meals & hydration	■	■	■	■	■	■	■
Mood rating (1–10)	■	■	■	■	■	■	■
Self-care activity	■	■	■	■	■	■	■
Baby feeds	■	■	■	■	■	■	■
Baby diapers	■	■	■	■	■	■	■
Baby sleep/naps	■	■	■	■	■	■	■
Bonding activity	■	■	■	■	■	■	■

Weekly Checklist (Month Overview)

Weekly Checklist Item	Week 1	Week 2	Week 3	Week 4
Mother's physical recovery	■	■	■	■
Mood & stress check	■	■	■	■
Gentle exercise/movement	■	■	■	■
Connection with support system	■	■	■	■
Baby's milestones	■	■	■	■
Safety check (sleep/home/car seat)	■	■	■	■
Family/partner check-in	■	■	■	■

Monthly Checklist Item	Done	Milestone Reminders
Postpartum medical check (if scheduled)	■	• Assess readiness for solids
Contraception/family planning review	■	• Start solids (purees/BLW)
Baby pediatric visit & vaccinations (if scheduled)	■	• Allergy watch guide
Developmental milestone review	■	• Mealtime routines
Family finances/household routines review	■	
Personal reflection: motherhood & well-being	■	

Notes:

Monthly Targets & Milestones

■ Postpartum Checklist Planner — Month 7

Track daily, weekly, and monthly items. Use the milestone reminders for focus.

Daily Checklist (Weekly Overview)

Daily Checklist Item	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
Bleeding (lochia)	■	■	■	■	■	■	■
Pain levels	■	■	■	■	■	■	■
Breast/nipple health	■	■	■	■	■	■	■
Sleep/rest hours	■	■	■	■	■	■	■
Meals & hydration	■	■	■	■	■	■	■
Mood rating (1–10)	■	■	■	■	■	■	■
Self-care activity	■	■	■	■	■	■	■
Baby feeds	■	■	■	■	■	■	■
Baby diapers	■	■	■	■	■	■	■
Baby sleep/naps	■	■	■	■	■	■	■
Bonding activity	■	■	■	■	■	■	■

Weekly Checklist (Month Overview)

Weekly Checklist Item	Week 1	Week 2	Week 3	Week 4
Mother's physical recovery	■	■	■	■
Mood & stress check	■	■	■	■
Gentle exercise/movement	■	■	■	■
Connection with support system	■	■	■	■
Baby's milestones	■	■	■	■
Safety check (sleep/home/car seat)	■	■	■	■
Family/partner check-in	■	■	■	■

Monthly Checklist Item	Done	Milestone Reminders
Postpartum medical check (if scheduled)	■	• Baby-proofing home (mobility)
Contraception/family planning review	■	• Support crawling/sitting
Baby pediatric visit & vaccinations (if scheduled)	■	• Interactive play ideas
Developmental milestone review	■	• Revisit intimacy & couple time
Family finances/household routines review	■	
Personal reflection: motherhood & well-being	■	

Notes:

Monthly Targets & Milestones

■ Postpartum Checklist Planner — Month 8

Track daily, weekly, and monthly items. Use the milestone reminders for focus.

Daily Checklist (Weekly Overview)

Daily Checklist Item	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
Bleeding (lochia)	■	■	■	■	■	■	■
Pain levels	■	■	■	■	■	■	■
Breast/nipple health	■	■	■	■	■	■	■
Sleep/rest hours	■	■	■	■	■	■	■
Meals & hydration	■	■	■	■	■	■	■
Mood rating (1–10)	■	■	■	■	■	■	■
Self-care activity	■	■	■	■	■	■	■
Baby feeds	■	■	■	■	■	■	■
Baby diapers	■	■	■	■	■	■	■
Baby sleep/naps	■	■	■	■	■	■	■
Bonding activity	■	■	■	■	■	■	■

Weekly Checklist (Month Overview)

Weekly Checklist Item	Week 1	Week 2	Week 3	Week 4
Mother's physical recovery	■	■	■	■
Mood & stress check	■	■	■	■
Gentle exercise/movement	■	■	■	■
Connection with support system	■	■	■	■
Baby's milestones	■	■	■	■
Safety check (sleep/home/car seat)	■	■	■	■
Family/partner check-in	■	■	■	■

Monthly Checklist Item	Done	Milestone Reminders
Postpartum medical check (if scheduled)	■	• Encourage babbling & name response
Contraception/family planning review	■	• Read/sing daily
Baby pediatric visit & vaccinations (if scheduled)	■	• Playdates or baby groups
Developmental milestone review	■	• Mother's health & sexual wellbeing check
Family finances/household routines review	■	
Personal reflection: motherhood & well-being	■	

Notes:

Monthly Targets & Milestones

■ Postpartum Checklist Planner — Month 9

Track daily, weekly, and monthly items. Use the milestone reminders for focus.

Daily Checklist (Weekly Overview)

Daily Checklist Item	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
Bleeding (lochia)	■	■	■	■	■	■	■
Pain levels	■	■	■	■	■	■	■
Breast/nipple health	■	■	■	■	■	■	■
Sleep/rest hours	■	■	■	■	■	■	■
Meals & hydration	■	■	■	■	■	■	■
Mood rating (1–10)	■	■	■	■	■	■	■
Self-care activity	■	■	■	■	■	■	■
Baby feeds	■	■	■	■	■	■	■
Baby diapers	■	■	■	■	■	■	■
Baby sleep/naps	■	■	■	■	■	■	■
Bonding activity	■	■	■	■	■	■	■

Weekly Checklist (Month Overview)

Weekly Checklist Item	Week 1	Week 2	Week 3	Week 4
Mother's physical recovery	■	■	■	■
Mood & stress check	■	■	■	■
Gentle exercise/movement	■	■	■	■
Connection with support system	■	■	■	■
Baby's milestones	■	■	■	■
Safety check (sleep/home/car seat)	■	■	■	■
Family/partner check-in	■	■	■	■

Monthly Checklist Item	Done	Milestone Reminders
Postpartum medical check (if scheduled)	■	• Standing with support (safety)
Contraception/family planning review	■	• Cause-effect play
Baby pediatric visit & vaccinations (if scheduled)	■	• Routine & boundaries review
Developmental milestone review	■	• Separation anxiety strategies
Family finances/household routines review	■	
Personal reflection: motherhood & well-being	■	

Notes:

Monthly Targets & Milestones

■ Postpartum Checklist Planner — Month 10

Track daily, weekly, and monthly items. Use the milestone reminders for focus.

Daily Checklist (Weekly Overview)

Daily Checklist Item	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
Bleeding (lochia)	■	■	■	■	■	■	■
Pain levels	■	■	■	■	■	■	■
Breast/nipple health	■	■	■	■	■	■	■
Sleep/rest hours	■	■	■	■	■	■	■
Meals & hydration	■	■	■	■	■	■	■
Mood rating (1–10)	■	■	■	■	■	■	■
Self-care activity	■	■	■	■	■	■	■
Baby feeds	■	■	■	■	■	■	■
Baby diapers	■	■	■	■	■	■	■
Baby sleep/naps	■	■	■	■	■	■	■
Bonding activity	■	■	■	■	■	■	■

Weekly Checklist (Month Overview)

Weekly Checklist Item	Week 1	Week 2	Week 3	Week 4
Mother's physical recovery	■	■	■	■
Mood & stress check	■	■	■	■
Gentle exercise/movement	■	■	■	■
Connection with support system	■	■	■	■
Baby's milestones	■	■	■	■
Safety check (sleep/home/car seat)	■	■	■	■
Family/partner check-in	■	■	■	■

Monthly Checklist Item	Done	Milestone Reminders
Postpartum medical check (if scheduled)	■	• Responding to baby emotions
Contraception/family planning review	■	• Shared caregiving routines
Baby pediatric visit & vaccinations (if scheduled)	■	• Preventing burnout check
Developmental milestone review	■	• Extended family involvement
Family finances/household routines review	■	
Personal reflection: motherhood & well-being	■	

Notes:

Monthly Targets & Milestones

■ Postpartum Checklist Planner — Month 11

Track daily, weekly, and monthly items. Use the milestone reminders for focus.

Daily Checklist (Weekly Overview)

Daily Checklist Item	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
Bleeding (lochia)	■	■	■	■	■	■	■
Pain levels	■	■	■	■	■	■	■
Breast/nipple health	■	■	■	■	■	■	■
Sleep/rest hours	■	■	■	■	■	■	■
Meals & hydration	■	■	■	■	■	■	■
Mood rating (1–10)	■	■	■	■	■	■	■
Self-care activity	■	■	■	■	■	■	■
Baby feeds	■	■	■	■	■	■	■
Baby diapers	■	■	■	■	■	■	■
Baby sleep/naps	■	■	■	■	■	■	■
Bonding activity	■	■	■	■	■	■	■

Weekly Checklist (Month Overview)

Weekly Checklist Item	Week 1	Week 2	Week 3	Week 4
Mother's physical recovery	■	■	■	■
Mood & stress check	■	■	■	■
Gentle exercise/movement	■	■	■	■
Connection with support system	■	■	■	■
Baby's milestones	■	■	■	■
Safety check (sleep/home/car seat)	■	■	■	■
Family/partner check-in	■	■	■	■

Monthly Checklist Item	Done	Milestone Reminders
Postpartum medical check (if scheduled)	■	• Encourage first steps safely
Contraception/family planning review	■	• Transition from bottles to cups
Baby pediatric visit & vaccinations (if scheduled)	■	• Toddler meal plan starter
Developmental milestone review	■	• Financial & routine planning
Family finances/household routines review	■	
Personal reflection: motherhood & well-being	■	

Notes:

Monthly Targets & Milestones

■ Postpartum Checklist Planner — Month 12

Track daily, weekly, and monthly items. Use the milestone reminders for focus.

Daily Checklist (Weekly Overview)

Daily Checklist Item	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
Bleeding (lochia)	■	■	■	■	■	■	■
Pain levels	■	■	■	■	■	■	■
Breast/nipple health	■	■	■	■	■	■	■
Sleep/rest hours	■	■	■	■	■	■	■
Meals & hydration	■	■	■	■	■	■	■
Mood rating (1–10)	■	■	■	■	■	■	■
Self-care activity	■	■	■	■	■	■	■
Baby feeds	■	■	■	■	■	■	■
Baby diapers	■	■	■	■	■	■	■
Baby sleep/naps	■	■	■	■	■	■	■
Bonding activity	■	■	■	■	■	■	■

Weekly Checklist (Month Overview)

Weekly Checklist Item	Week 1	Week 2	Week 3	Week 4
Mother's physical recovery	■	■	■	■
Mood & stress check	■	■	■	■
Gentle exercise/movement	■	■	■	■
Connection with support system	■	■	■	■
Baby's milestones	■	■	■	■
Safety check (sleep/home/car seat)	■	■	■	■
Family/partner check-in	■	■	■	■

Monthly Checklist Item	Done	Milestone Reminders
Postpartum medical check (if scheduled)	■	• Celebrate milestones & reflect
Contraception/family planning review	■	• Prepare for toddler sleep & behavior
Baby pediatric visit & vaccinations (if scheduled)	■	• Future family planning
Developmental milestone review	■	• 1-year pediatric check & vaccines
Family finances/household routines review	■	
Personal reflection: motherhood & well-being	■	

Notes:

Monthly Targets & Milestones