

Setting Up Your Postpartum

A late-pregnancy planning checklist - the conversations to have, the meals to stock, the support to gather, and the boundaries to draw before baby arrives.

A LITTLE BLOOM HERBS GUIDE

By Caitlin ~ Clinical Herbalist & Holistic Nutritionist



A NOTE FROM CAITLIN



Building the soft landing.

The single biggest factor in how the first six weeks postpartum unfold is the support you've put in place before baby arrives. Most women prepare beautifully for the birth and barely think about the weeks after. This little guide is here to shift that.

Inside, you'll find a clear checklist - the conversations to have now, the meals to stock, the recovery essentials to gather, your visitor policy, and the support roster to organise. Print it. Tick things off across the next few weeks. Treat it the way you'd treat a hospital bag.

Your future-self, the one in week three of postpartum, exhausted but cared-for, will be so glad you did.

And if you feel ready for personalised support, you can book a free 10 minute chat [here](#), to see if we're the right fit.

Caitlin xx

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The conversations to have

Have these with your partner, family and close friends now - not in the postpartum fog. Each one protects something precious in the weeks ahead.

With your partner

- What's their leave situation? When are they taking time off?
- Who's doing the cooking, the older children, the laundry, the bins?
- How will you tag-team the nights?
- What does support look like for you specifically - quiet, company, help with baby, help with everything else?
- What's your shared visitor policy?
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With family and close friends

- Who's coming, when, and for how long?
- Is anyone staying - and is that genuinely helpful or actually more work?
- What support are they offering vs. what you actually need?
- Is anyone able to take older children for a day or two?
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Your visitor policy (decided in advance)

- The first-fortnight rule - immediate family only for two weeks?
- The bring-or-do rule - visitors bring food or do a job?
- The 2-hour cap - gentle time limit on visits?
- How will you communicate it kindly but firmly?

A REFRAME

Saying no isn't selfish - it's the work of the season. The baby's first weeks happen once. You will not regret protecting them.

The practical setup

Stock the freezer

- Slow-cooked stews, soups, lasagnes, casseroles
- Bone broth (mason jars or ice cube trays)
- Cooked grains (rice, quinoa) for quick warm bowls
- Pre-portioned curry bases, ragu, dahl
- Baked oats and breakfast slices
- Set up a meal train if your community is doing one

Postpartum recovery essentials

- Maternity pads (the thick ones - not regular pads)
- Disposable maternity underwear or comfortable high-waisted underwear
- Peri bottle
- Herbal sitz bath blend
- Stool softener (magnesium or prune juice on hand)
- A nourishing belly balm or organic oil
- A nursing bra or comfortable crop and breast pads
- Multi-use balm for nipples, baby skin, perineum

Set up your feeding nest

- A comfortable spot to feed with good light and pillows
- Snacks within arm's reach - nuts, dates, oat biscuits, fruit
- A water bottle that's easy to drink from one-handed
- A blue-light-blocking lamp for night feeds
- A book, audiobook, or something quiet for slow days

Support (at least researched before birth)

- Lactation consultant
- Trusted GP and midwife you can text
- Women's health physiotherapist booked for ~6 weeks postpartum
- A herbalist for postpartum tonics, milk supply, mood, energy
- Postpartum doula or meal-delivery service identified

A SMALL BUT TRANSFORMATIVE IDEA

Treat the first two weeks like you would after major surgery. You wouldn't host visitors three days after a hip replacement. Same principle applies here.

For the seasons ahead...

If this little checklist has been helpful and you'd like the deeper companion for the actual postpartum season - body healing, nourishment, herbs, breastfeeding, sleep, mental health, your relationship, and the longer arc - my full Postpartum Guide is the next step.

THE NEXT STEP

The Postpartum Guide

A complete companion for the fourth trimester — body healing, postpartum nutrition, herbal allies, establishing breastfeeding, sleep and rest, mental health, your relationship, returning to your body, protecting your peace, and the longer arc beyond six weeks.

For healing, nourishing, and beginning the lifelong work of motherhood.

[READ THE GUIDE - \\$15](#)

Or, if you're ready for one-to-one support
You can book a free 10 minute chat to see if we're the right fit [here](#).

I hope this guide was helpful, and I wish you well on your journey x