



A LITTLE GUIDE FROM MY HEART TO YOURS

THE POSTPARTUM CHECKLIST

what I wish I had, and what I really didn't need



Hi friend, I'm Ashlynne. 💕

I still remember standing in my kitchen at nine at night, exhausted, staring into the fridge for something, anything, that would help me feel human again. I had a new baby, a body that felt foreign to me, and absolutely no idea what I actually needed to heal. I was piecing together random advice from social media at midnight, trying things that worked for someone in a totally different season, and wondering why nothing felt like it fit my life.

If that sounds familiar, I want you to know you are not doing anything wrong. You are just missing the plan nobody handed you

I am a mom of two with a third on the way, a certified wellness counselor, and someone who has lived through the exact season you are in right now. I am not writing this from some polished, put together place looking down at you. I am writing this a few steps ahead, still learning, still growing, still figuring it out in real time, just like you.

Here is what I know for sure. Small, doable steps change everything. You do not need to overhaul your whole life to feel like yourself again. You just need the right things in front of you.

This checklist is everything I wish someone had handed me in those early weeks. I built it from my own healing, my own trial and error, and my own faith carrying me through the hardest parts. If I could find my way back to feeling grounded and confident in this season, I promise you can too.

So grab a cup of tea, get comfortable, and let's walk through this together. 💕✨

Mama, your first postpartum season doesn't have to feel like guesswork. I made this list from my own honest experience, the things I wish someone had told me to prep, and the things I stressed over that truly didn't matter. Save this, print it, and let it be one less thing you have to figure out alone.



WHAT I WISH I HAD

the things that actually made those early weeks feel doable

- ☐ A few easy grab and go high protein and nutrient dense snacks already prepped, because nobody warns you how hungry and depleted postpartum makes you
- ☐ A peri bottle and frozen witch hazel pads ready before I even needed them (yes frozen, it helps relieve pain instantly)
- ☐ Help lined up for the first two weeks, not just offered but actually scheduled

♡ Think parents, siblings, close friends, or your postpartum doula

♡ Help with dishes, laundry, spending time with older kids, holding the baby while you nap

- ☐ Looser, softer clothes I didn't have to think about

♡ Comfy stretchy matching sets, and linen pants or dresses depending on the weather

- ☐ A water bottle and jar of mineral salt near me one hundred percent of the time, dehydration hit me harder than I expected
- ☐ Grace for myself on the days nothing on my list got done

Philippians 4:6 to 7, do not be anxious about anything

Psalms 34:18, the Lord is close to the brokenhearted

Matthew 11:28, come to me all who are weary and I will give you rest

2 Corinthians 12:9, my grace is sufficient for you

Isaiah 41:10, do not fear, for I am with you

- ☐ Healing herbs and homeopathic remedies for pain, mood, and wound healing instead of just rotating tylenol and ibuprofen.
- ☐ A simplified meal prep game plan when the meal train ended so I didn't end up with frozen foods.



WHAT I REALLY DIDN'T NEED

the pressure I could have let go of, and so can you

- ☐ The cute matching going home outfit, my baby lived in zip up sleepers for weeks
- ☐ A ton of newborn size clothes, mine grew out of them so fast
- ☐ An elaborate skincare or beauty routine, I barely had time to brush my teeth some days
- ☐ Pressure to have the nursery ready or the house perfectly put together
 - ♡ Our babies sleep in our room for the first seven to twelve months anyhow, and with toddlers running around, no one expected my house to be clean
- ☐ A rigid schedule to get back into routine that I tried to force onto a season that was never going to be predictable
- ☐ The idea that I needed to do it all on my own to prove I was a good mom
- ☐ Pressure to bounce back physically right away, my body just spent nine months growing a human and it deserved patience, not a deadline
- ☐ Guilt over resting, lying down while the baby napped was not lazy, it was part of the healing
- ☐ The expectation to have visitors right away, I learned it was okay to wait until I actually felt ready to share my baby with the world
- ☐ Comparing my healing timeline to anyone else's, every body and every birth recovers differently
- ☐ The idea that healing meant getting back to who I was before, healing was really about becoming who I was after



one more THING...

This checklist is just the beginning, mama. If you want the full picture, everything I wish I had known before I even brought my baby home, I put it all together for you. My Postpartum Recovery Guide walks you through the herbs and homeopathic remedies that actually helped me heal, nourishing recipes that take almost no effort, my homemade electrolyte recipe plus my favorite ones to just grab and buy, the protein powder I still swear by, scripture to hold onto on the hard days, simplified meal prep to do before baby and easy ways to keep it going after, and small sustainable daily habits that helped me feel like myself again. It is everything I needed in one place, made for the mom who wants to actually feel supported in this season, not just survive it.



**GRAB IT HERE FOR \$27 AND GIVE YOURSELF THE
GUIDE I WISH SOMEONE HAD HANDED ME.**



You are doing so much better than you think you are, mama. One small step at a time.

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