

# AFFORDABLE MOM ESSENTAILS

## checklist

### MENTAL & EMOTIONAL WELLBEING

- Pocket Journal
- Soothing herbal tea packs
- Eye mask and earplugs combo
- Phone stand

### DIY & HOMEGROWN

- Old cotton sarees
- DIY belly wrap
- Coconut oil massage
- Homemade jeera water

### POSTPARTUM COMFORT

- Reusable Breast Pads
- Maternity Panties
- Postpartum Pads
- Cotton Nursing Bra

### FEEDING & HYDRATION

- Nipple Cream
- Burp Cloths
- Water Bottle with Straw Lid
- Steel spoon and bowl set

### BREAST-FEEDING

- Breastfeeding Support Pillow
- Breastfeeding Support Pillow cover
- Manual Breast Pump
- Breast Milk Storage Bags
- Portable Nursing Cover/ Scarf

### BONDING & KEEPSAKE

- Soft Cotton Baby Sling
- Baby Handprint & Footprint Kit
- Wooden Photo Frame (4×6")
- Memory Journal for Moms
- Baby Milestone Cards