

# Month 4

## Postpartum Checklist

You might feel like you've settled into a routine by this month, but here are a few things to keep in mind:

Attend baby's 4-month-old visit and discuss vaccines

Continue reading a book to your baby once a day

Try to add a new daily habit for yourself this month—new skincare routine, short stretching routine, or an easy exercise habit like walking

Continue or start an exercise routine

Find time to connect with family, friends, or support groups

If you've been regularly pumping, find out if you should replace your pump parts—you may qualify for pump replacement parts and milk storage bags through insurance