

Postpartum Closet Reset Checklist

Build a nursing-friendly rotation that flexes with milk supply and recovery days.

Measurement & Tracking

- Re-measure band/bust every 2–3 weeks until sizes stabilise.
- Note pumping schedule changes that affect fullness before fittings.
- Log sister sizes in the calculator so backup bras stay on hand.

Daily Wear Rotation

- 3 wireless nursing bras (daytime, nighttime, spare).
- 2 flex-wire or structured bras for support once soreness eases.
- 1 hands-free pumping bra or tank for exclusive pumping sessions.

Workout & Errand Support

- Medium/high-impact sports bra with quick-release straps.
- Moisture-wicking nursing tank for stroller walks or light jogs.
- Impact planner entry to record strap/closure settings after each workout.

Comfort & Recovery Add-ons

- Nursing pads or reusable liners to protect cups.
- Cooling gel packs or heat pads for engorgement days.
- Soft bralettes one band size up for bedtime comfort.

Laundry & Care

- Wash bras in cold water inside a mesh bag; avoid fabric softener.
- Air dry by the band to preserve stretch.
- Rotate bras daily—aim for “wear one, wash one, rest one.”

Reminders for Appointments

- Bring favourite nursing bra to postpartum check-ups for latch evaluation.
- Ask lactation consultant about flange fit and bra compatibility.
- Schedule bra fitting around the 12-week mark once supply is predictable.