

EVOLVED NEST POSTPARTUM CHECKLIST



Alternative Gifts to Support &
Nourish the Mother-Baby Dyad

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HOW TO USE THIS GUIDE:

I created the Evolved Nest Postpartum Checklist to help prepare families for the 4th trimester in a way that both deeply honours this sacred transition while also supporting our baby's evolutionary pathway for optimal wellness. Deeply rooted in traditional wisdom, the period of time after birth is meant for deep nourishment, rest and community holding, to support laying the foundation for lifelong health for both Mother & Baby.

This guide is intended to help support you and your loved ones in preparing for and creating a postpartum experience that prioritizes Mother's recovery while providing a Nested experience for your baby right from the beginning of life. Here we shift the focus from commercialized baby-centred items to prioritizing Mother's recovery and the biological imperatives needed for our baby's optimal development. Use this as an alternative to typical baby shower lists items or alongside one.

Below you will find a curated list of items and services (both paid and non-paid) designed to help you emerge from your postpartum period feeling nourished, nurtured, rested, empowered and deeply held. I have also indicated how each item or service supports the biological imperatives of our Evolved Nest and which principal it correlates with (see chart below).

Honoring this precious time and re-establishing our Nestedness requires a collective remembering so I invite you to please share this checklist with your friends, family, community and anyone else in your support circle who would like to know how to show up in a truly helpful way honoring the needs of your family and contribute to your postpartum experience in an intentional way, centering you and baby.

With Love,

Kristyna Shea

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The MotherBaby Dyad Registry was inspired by the need for an updated list of items and services (paid and non-paid) for new parents that support the healthy development of babies and offer Mothers and families the necessary support and resources for postpartum healing and bonding in order to support thriving family systems.

Items and services (both paid and non-paid) have been organized into 4 categories including: Baby Care, Mother Care, Community/Village Support and Nourishment/Herbal Support. Each item or service has been curated to correspond directly, or indirectly with one of the nine principles of the Evolved Nest.



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Additional gift ideas that nurture and nourish the MotherBaby dyad postpartum while honouring our species-specific blueprint.

Baby Care

- ☐ Baby + toddler carrier (4) (5) (8)
- ☐ Natural fibre clothing (cotton/wool/linen) (8)
- ☐ Babywearing jacket and sweaters (4/5) (8)
- ☐ Nursing tops and clothing (6)
- ☐ Nursing pillows + extra covers (6)
- ☐ Lamb skin or felted wool puddle pad (4)
- ☐ Reusable cloth wipes
- ☐ Cloth nappies + wool covers
- ☐ Wet/dry bag for cloth diapering on-the-go (4)
- ☐ Elimination communication supplies & resource books (4)

Mother Care

- ☐ Momcozy nipple silverettes (6)
- ☐ Wool socks or slippers for warmth (9)
- ☐ Organic cotton menstrual pads for postpartum bleeding (9)
- ☐ Gentle postpartum bodywork (massage, biodynamic cranial sacral therapy, acupuncture etc.) (9)
- ☐ Birth story share/integration (9)
- ☐ Belly wrap (ex. Rebozo, bengkung belly bind, faja, etc.) (9)
- ☐ Large stainless steel water bottle with straw & tea thermos (9)

Community & Village Support

- ☐ House cleaner service (1)
- ☐ Laundry helper or service (1)
- ☐ Meal Train (1) (3)
- ☐ Grocery shopping and/or food delivery (1) (3)
- ☐ Child-minding for older siblings (3)
- ☐ Postpartum doula/practitioner (2) (3)
- ☐ Birth Doula (2) (3)

Nourishment/Herbal Support

- ☐ Herbal salves (hemorrhoid blend, baby bottom blend, nipple balm) (9)
- ☐ Supplements to support Breastfeeding (beef liver, magnesium, cod liver oil, etc) (9)
- ☐ Bulk organic herbs & blends for teas, infusions, yoni steams, sitz baths (ex. Nettle, red raspberry leaf, rose petals, calendula, oatstraw, tulsi, lemon balm) (9)
- ☐ Freezer meals & nourishing snacks (1) (3)
- ☐ Ghee (9)



KRISTYNA SHEA

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Kristyna is a mother, wife, Evolved Nest Ambassador, certified INNATE Postpartum Care Provider, Pregnancy Dialogue™ facilitator, and Pre & Perinatal Psychology Educator (PPNE). She walks alongside mothers and families with a holistic approach to conception, pregnancy, birth, and postpartum — blending time-tested wisdom with modern science to support women's long-term health and vitality, and to build solid foundations for thriving family systems. She believes maternal health is foundational to the health of humanity, and that raising our children in connection from the very beginning of life is one of the greatest acts of social justice we can offer.

Alongside her husband Arnaud, she is raising her son at home, nourished by nature, family, and community. Together, they're deeply passionate about helping other parents cultivate that same deep, natural connection within their own families.



Follow for updates on nourishing postpartum recipes, upcoming prenatal bonding workshop and in-person postpartum care.

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