



# WILKES PREGNANCY CARE CENTER

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Babies are so cute. Everyone loves babies. After delivery, the focus changes from the mom to the baby. Often, she may feel forgotten or sometimes neglected.

For anyone that has ever had a baby, you know how hard the days after can be on the body, so we prepare postpartum bags for our moms close to delivery. **You can help by purchasing items or donating toward the cost of these Postpartum Bags which will help bring mom comfort, healing, and encouragement.**

If you or your group would like to participate, check out the list of needed items below.

Your prayers as we work to minister to our clients are always needed and welcome! Contact Kristie Owens, Nurse Manager, if you have any questions.

## ***Postpartum Bags: Estimated Cost Per Bag - \$45***

- Sanitary pads
- Ice packs
- Witch hazel pads
- Dermoplast numbing spray
- Peri bottle for postpartum care
- Cocoa butter lotion for stretch marks
- Disposable underwear
- Tylenol or Motrin
- Stool softener
- Nursing pads
- Bottled water or Gatorade
- Energy bars or snacks
- Chocolate
- Personal note or card of encouragement