



THE NURSERY  
ATELIER

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M O M

R E G I S T R Y

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*Little luxuries for moms*

# MOM REGISTRY

## *checklist*



### **NURTURE AND PREPARE**

- PELVIC FLOOR PHYSICAL THERAPY
- PRENATAL YOGA / PILATES CLASSES
- PRENATAL MASSAGE
- BIRTH EDUCATION CLASSES
- DOULA SUPPORT FUND
- MATERNITY PHOTOGRAPHY SESSION

### **RECOVER AND RESTORE**

- POSTPARTUM EXERCISE CLASSES
- POSTPARTUM MASSAGE
- LACTATION CONSULTATION
- POSTPARTUM DOULA SUPPORT
- HOUSE CLEANING FUND
- MEAL DELIVERY FUND
- MENTAL WELLNESS SUPPORT
- NIGHT NURSE CONTRIBUTION

### **REDISCOVER YOU**

- SPA AND WELLNESS TREATMENTS
- HAIR SALON APPOINTMENTS
- SOLO HOUR FUND
- FLOWER DELIVERY
- BABYSITTING FUND
- DATE NIGHT FUND
- HOTEL STAYCATION FUND