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# AFTERCARE WORKSHEET

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## COMFORT WEAR ITEMS

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- Wrap, blanket, comforter, \_\_\_\_\_, \_\_\_\_\_, \_\_\_\_\_
- Pillow, stuffed animal, doll, \_\_\_\_\_, \_\_\_\_\_, \_\_\_\_\_
- PJ's, sweats, t-shirt, \_\_\_\_\_, \_\_\_\_\_, \_\_\_\_\_
- \_\_\_\_\_, \_\_\_\_\_, \_\_\_\_\_, \_\_\_\_\_
- \_\_\_\_\_, \_\_\_\_\_, \_\_\_\_\_, \_\_\_\_\_
- \_\_\_\_\_, \_\_\_\_\_, \_\_\_\_\_, \_\_\_\_\_

## PHYSICAL AFTER CARE

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- Cuddling, intimacy, \_\_\_\_\_, \_\_\_\_\_, \_\_\_\_\_
- Kneeling, napping, \_\_\_\_\_, \_\_\_\_\_, \_\_\_\_\_
- Sex, kissing, \_\_\_\_\_, \_\_\_\_\_, \_\_\_\_\_
- \_\_\_\_\_, \_\_\_\_\_, \_\_\_\_\_, \_\_\_\_\_
- \_\_\_\_\_, \_\_\_\_\_, \_\_\_\_\_, \_\_\_\_\_
- \_\_\_\_\_, \_\_\_\_\_, \_\_\_\_\_, \_\_\_\_\_

## FOOD ITEMS

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- Water, Gatorade, \_\_\_\_\_, \_\_\_\_\_, \_\_\_\_\_
- Peanuts, chocolate, \_\_\_\_\_, \_\_\_\_\_, \_\_\_\_\_
- \_\_\_\_\_, \_\_\_\_\_, \_\_\_\_\_, \_\_\_\_\_
- \_\_\_\_\_, \_\_\_\_\_, \_\_\_\_\_, \_\_\_\_\_

## MEDICAL ITEMS

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- Medications, vitamins, \_\_\_\_\_, \_\_\_\_\_, \_\_\_\_\_
- Bandages, cold/hot packs, \_\_\_\_\_, \_\_\_\_\_, \_\_\_\_\_
- Antibiotic ointment, burn cream, \_\_\_\_\_, \_\_\_\_\_, \_\_\_\_\_
- \_\_\_\_\_, \_\_\_\_\_, \_\_\_\_\_, \_\_\_\_\_
- \_\_\_\_\_, \_\_\_\_\_, \_\_\_\_\_, \_\_\_\_\_