



Calm & Order

WHAT TO EXPECT

How a visit typically flows

To keep each session focused and effective, I follow a simple structure centered around the systems that support your child's daily routine:

First: Clothing & Care Systems

Children's laundry is started early in the session to allow time for washing, drying, folding, and putting away. Bedrooms, changing areas, and toileting supplies are also maintained to support daily routines.

Second: Feeding & Daily Use Items

Bottles, pump parts, sippy cups, lunchboxes, and dishes used for your child are cleaned and reset. The dishwasher is loaded and/or unloaded and set to wash as needed.

Third: Play & Organization

Play areas, toys, art supplies, bedrooms, and storage systems are tidied and organized to create a calm, functional environment for your child.

Additional Support by Request (Planned in Advance)

When projects or errands are planned, I incorporate them after core systems are in place, or allocate time accordingly based on priorities.

End-of-Session Wrap Up

Before I leave, I will empty the trash, fill your pet food and water bowls, and let them out to pee (if applicable) before securing your home.

Calm & Order sessions are intentionally centered around child-related spaces and systems and do not include direct childcare.

An adult must be present to supervise children during these visits, allowing me to focus fully on maintaining the environments and systems that support your child's daily routine.