



Introductory Session

WHAT TO EXPECT

How a visit typically flows

This first visit is designed to move at a comfortable pace, with space to observe, connect, and begin light support.

Arrival & Connection

When I arrive, I'll begin by washing my hands, greeting you, and checking in on where you are in your day.

If you're in the middle of a transition, I'll step in where it feels most helpful—whether that's observing your routine, offering an extra set of hands, supporting a sibling, or taking care of dishes while things settle.

When you're ready, we'll walk through your child's spaces together. This is a natural time to show me where essentials are kept—such as laundry, bottles, or daily-use items—and share any preferences you'd like me to follow.

As we move through your home, I'll ask a few thoughtful questions around routines, boundaries, and what feels most supportive to you. This helps me begin understanding how to step in in a way that feels aligned with your family.



Connection with Your Child

If your child is available, we'll spend a few minutes together so they can begin to get comfortable with me while you're nearby.

For newborns, this might look like gently walking through how I burp or soothe after a feeding.

For toddlers, it may be quiet, guided, or parallel play—allowing connection to build naturally, without pressure.

Light, Practical Support

As we move into the final portion of our time together, I begin easing into light household support.

This may include washing bottles or pump parts, loading or unloading the dishwasher, and tidying children's items or shared spaces.

The goal isn't a full reset, but to begin creating a sense of ease while we get to know each other.

Planning Next Steps

Before I leave, we'll briefly check in about how the visit felt.

If it feels like a good fit for both of us, we can talk through next steps and scheduling in a way that best supports your family.

Every family is different, and this first visit is meant to meet you where you are. Whether you need hands-on support, space to rest, or simply a starting point, this session allows us to begin building a rhythm that feels natural, supportive, and aligned with your needs.