



NICU Nurture

WHAT TO EXPECT

How a visit typically flows

Each session is designed to support both your time at the hospital and life continuing at home. Each visit is shaped in real time and may take one of the following forms:

Comprehensive Home & Hospital Support

I may begin by picking up a pre-ordered meal on my way to the hospital, where I collect laundry and any items that need to be brought home. From there, I return to your house to let pets out and begin a light reset — starting laundry, washing dishes, gathering trash, and collecting mail or packages.

If you are pumping, I support the practical side of that rhythm — washing parts, organizing supplies, and helping ensure milk is stored or transported according to your preferences.

I prepare a bag with clean clothes, water, snacks, and any essentials you may need. I refill pet bowls and make sure everything at home feels steady and cared for before returning to the hospital to deliver your items.

Hospital Based Sibling Support

I meet your family at the hospital, with the option to bring a pre-arranged meal or essentials. While you spend time with your baby, I stay with your children — offering calm, attentive care, helping with homework, or keeping them engaged in a way that feels grounding and familiar.

When appropriate, I may take them for a walk or to another nearby space within the hospital for a change of environment, always remaining close and accessible.

My goal is to give your children a sense of stability and care while allowing you to stay focused on your baby.



Afternoon Home Support with Siblings

I may begin by picking up a grocery order on the way to your home, putting everything away before your children return. I receive them from the bus or caregiver, prepare snacks, and help them settle into the afternoon.

While they play or work on homework, I move through essential household resets — starting laundry, washing dishes, and preparing dinner. I support their evening routine, including meals, showers, and wind-down time, while continuing to move laundry through and leaving your home reset for the next day.

Homecoming Support

As you prepare to bring your baby home, I focus on making sure your space feels ready, calm, and supportive for that transition.

I reset key areas — washing baby clothes and linens, organizing feeding and diapering spaces, and making sure essentials are clean and within reach. If you return home during the session, I help ease the transition by keeping the environment steady and supporting siblings as needed.

My role is to hold the practical pieces together so you can focus on welcoming your baby home.

End-of-Session Wrap-Up

Before I leave, I make sure everything is settled — your home is reset, your children are cared for, and you have what you need at the hospital. I'll check in about any upcoming needs and help ensure the next step feels clear and supported.

When a visit includes hospital pickups and deliveries, I prioritize making sure you have what you need first — including clean clothes, pump parts, bottles, and a fresh bag — while also tending to pets and essential tasks at home as time allows.