



Nest & Prepare

WHAT TO EXPECT

How a visit typically flows

Each session follows a gentle and predictable rhythm, while remaining flexible to your toddler's temperament and needs.

Arrival & Warm-Up

I begin by connecting with your toddler - through play, conversation, or simply allowing space to warm up at their own pace. If they are due for a nap, I support that transition first

Mid-Session Reset

About halfway through, we pause for a snack. During this time, I'll unload the dishwasher, wash dishes, and reset the kitchen while your toddler eats.

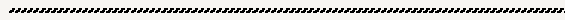
End-of-Session Wrap-Up

About 15 minutes before I leave, I'll reconnect with you to answer any questions and share a brief summary of our time together. I'll check in about scheduling your next session. On my way out, I'll take out the trash and leave your space reset.

Laundry may be completed as time allows, but will be deprioritized if your toddler needs more hands-on attention. For more consistent laundry support, this is included more fully in my other services.



Every toddler responds differently to a new caregiver



To support you child in a way that feels safe and natural, I adapt my approach in real time using the following framework:

Confident Connection

If your toddler feels comfortable right away, I'll take the lead in engaging them through play and routine. This allows you to step away, rest, or focus on your own needs while your toddler remains happily occupied.

Gentle Warm-Up & Partnership

If your toddler needs time to warm up, we'll work together. You and your toddler can show me around the home - turning everyday tasks into a game that leaves you with practical relief from your to-do list.

During this time, I provide hands-on support to reduce physical strain - helping with lifting, reaching, carrying, and transitions like diapering or toileting.

Household Focused Support

If your toddler prefers to stay close to you throughout the session, I shift focus to your home.

While you support your toddler, I'll take care of:

- Laundry (wash, dry, fold, put away)
- Dishes and kitchen reset
- Tidying and organization
- Restocking changing stations
- Trash removal

This ensures that when your toddler rests, you can too.