



# Rest & Restore

## WHAT TO EXPECT

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### *How a visit typically flows*

Each session follows a calm and predictable rhythm, while remaining responsive to your baby's needs.

### **Arrival & Transition**

I arrive quietly and take over care with minimal disruption. I'll collect information on your baby's last wake or nap window, when they last ate, how you prefer to feed them, and where to store your milk if you are pumping. If your baby is asleep, I maintain their environment and monitor closely. If they are awake, I transition into care gently and calmly.

### **Care & Rest Period**

While you rest, I handle all aspects of baby care - feeding (including support for breastfeeding), soothing, diapering, and settling for sleep. My approach remains low-stimulation and consistent to support longer, more restful stretches.

### **Light Reset During Sleep**

While your baby sleeps, I may wash bottles or pump parts, tidy baby areas, and reset essential spaces so everything feels ready for you when I leave.

### **End-of-Session Wrap-Up**

Before I leave, I'll reconnect with you to share a brief update on your baby's feeds, sleep, and overall rhythm. I'll check in about scheduling your next session and leave your space calm and reset.



## *Every baby and parent has different needs*

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To support your recovery in a way that feels comfortable and natural, I adapt each session in real time:

### **If you prefer complete rest**

I manage all baby care independently so you can fully sleep or recharge without interruption.

### **If you are breastfeeding or pumping**

I bring your baby to you for feeds or support bottle feeding with breast milk or formula - based on your preferences. We'll follow the approach that feels most comfortable for your body and routine.

### **If your baby needs more support settling**

I focus fully on soothing and regulation, using calm, consistent techniques to help your baby relax and sleep more comfortably.

### **If your baby rests easily**

I use that time to reset your baby's spaces - washing bottles or pump parts, organizing essentials, and creating a calm, supportive environment for you to return to.

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*These sessions are centered on your rest and your baby's care. Light tasks related to your baby may be completed as time allows, but the priority will always remain on maintaining a calm, supportive environment for you and your baby.*