



Settle & Support

WHAT TO EXPECT

How a visit typically flows

Each session follows a steady and responsive rhythm, supporting both your child and your home during the afterschool transition.

Arrival & Transition

I arrive and take a few moments to understand how the day has unfolded—when your child returned home, what’s already been done, and what the afternoon looks like ahead. I check in with you, orient to your priorities, and move in with calm, steady presence.

After School Support & Flow

I support your child through the transition from school to home—preparing a snack, guiding homework, and providing supervision as they settle into the afternoon. My approach is engaged but not overstimulating, offering structure while allowing your child space to decompress.

Household Continuity

As the afternoon progresses, I support the flow of the home—preparing lunchboxes for the next day, assisting with light meal prep, managing dishes, bottles, or pump parts, and completing child-related laundry as time allows. Support is balanced between your child’s needs and maintaining a calm, functional environment.

End of Session Wrap-Up

Before I leave, I’ll reconnect with you to share a brief update on how the afternoon went—homework progress, overall mood, and anything to note for the evening ahead. I’ll leave your space reset and ready for the rest of your day.



Every child and home has different needs

If your child needs time to decompress

I keep things low-pressure—offering quiet presence, a snack, and space to unwind before transitioning into responsibilities.

If homework requires more attention

I stay nearby to offer gentle support—keeping them on track, breaking things down when needed, and helping them finish with confidence.

If the afternoon feels especially full

I provide support and supervision, helping your child stay on track while following your expectations and routines.

If your newborn needs more care

I prioritize maintaining flow—supporting your child while also assisting with meal prep, lunchboxes, and household resets to ease the transition into evening.

These sessions are centered on supporting your child and maintaining the flow of your home during the afterschool hours. Tasks may be completed as time allows, but the priority will always remain on creating a steady, supportive environment for your family.