

# Steady Start Perinatal Care

Prevention-oriented perinatal support for sleep protection, support mapping, and referral pathways



## What Steady Start Provides

**Practical, non-clinical support during pregnancy, postpartum, and early parenthood.**

*Focus areas:* sleep protection, emotional wellbeing awareness, support network mapping, postpartum stabilization, provider collaboration, and referral pathway planning

## Core Services

- **Planning for Protection**
- **Steady Support Consultation**
- **Steady Check-Ins**
- **Nightlight Overnight Care** (*limited availability*)

## Good-fit Referrals

Families with prior PMADs, anxiety/depression history, IVF/fertility journeys, traumatic birth, NICU/medical complexity, multiples, limited support, adoption/surrogacy pathways, severe sleep disruption, or postpartum overwhelm

## Scope Boundary

***Not psychotherapy, psychiatric care, medical care, lactation treatment, pediatric care, or crisis response.***

***Complements existing care.***



## Referral Pathways:

Scan the QR code to view the referral partner page, download this overview, or contact Danielle directly.

Families begin with a brief discovery call.

Danielle McLellan-Bujnak, MSc, PMH-C, IMH-E®, ICPD, IFEC-ATMHP

Steady Start Perinatal Care

[www.steadystartperinatal.com](http://www.steadystartperinatal.com)

[hello@steadystartperinatal.com](mailto:hello@steadystartperinatal.com)

# The Steady Start Protection Framework

A prevention-oriented perinatal support model

## Sleep Protection

Sleep protection is mental health protection

- overnight care strategies
- recovery sleep blocks

## Mental Health Monitoring

Structured screening, early awareness, and referral readiness

- anxiety, overwhelm, mood changes
- intrusive thoughts or provider follow-up concerns

## Mapping Support Networks

Strong networks prevent isolation

- partners and family
- postpartum professionals

## Escalation Pathways

Knowing the next step

- when concerns increase
- who to contact next

*Protecting sleep, supporting mental health,  
strengthening families*

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A prevention-oriented support framework  
for pregnancy & postpartum care