




Testimonial for Rhe, Our Wonderful Maternity Nurse


In Summer of 2024, Rhe came into our lives when my daughter was just 3 months old and looked after her during the day for six incredibly meaningful weeks. As a first-time mother recovering from a long and challenging physical recovery—and navigating severe postnatal anxiety—I was exhausted, overwhelmed, and in desperate need of support. Rhe was exactly what we needed.

She cared for my daughter with such tenderness and confidence, allowing me the space to rest, heal, and begin to rebuild my self-confidence. Her support was practical, emotional, and truly nurturing. She helped me reduce my anxiety about looking after my daughter and encouraged me to feel comfortable going out with her. She taught me so many best practices—from sleep hygiene to everything feeding-related—which gave me a solid foundation and a sense of calm during a very uncertain time.



Rhe also took care of all the cleaning and washing related to my daughter, which was a massive help. Also, later on, when we were weaning our daughter, she helped take the stress out of it. She guided me through the process, batch-cooked a variety of delicious purees and finger foods, and even gave me the recipes I still use today. Her help with weaning made what could have been a daunting milestone feel manageable and even enjoyable.


Beyond the day-to-day help, Rhe offered so much more than I ever expected. She held space for me to talk about how I was feeling without judgment, helped me overcome the fear of leaving the house with my baby, and supported me in building confidence to trust myself as a mother. Simply watching her interact with my daughter taught me so much. She was warm, funny, and easy to be around, while also being discreet and respectful when I needed time to myself.



One of the things I appreciated most about Rhe was her incredible attention to detail and how naturally she used her initiative. I rarely had to explain or suggest how to improve things—she was always one step ahead, gently showing me better ways to do things and saving me so much energy at a time when I had very little to spare.

Rhe adored my daughter like she was her own—and the feeling was mutual. My daughter genuinely looked forward to seeing her and lit up in her presence. That bond was such a comfort to me. From the very beginning, Rhe earned my trust completely.

It wasn't just about how she cared for my baby—Rhe cared deeply about me, too. Her presence felt like that of an extended family member, someone who truly saw and supported both of us with love and care.



I've recommended Rhe without hesitation to friends, including one of my closest who went on to hire her for the first 40 days after her own baby was born. She and her husband were immensely grateful to have Rhe's help.

If you're considering welcoming Rhe into your home and life, I can say from experience—do it. She helped me through one of the most vulnerable times of my life, and I will forever hold deep gratitude for everything she did for me and my daughter. She even came to celebrate my daughter's first birthday with us, and I sincerely hope she will be a part of our lives for many years to come, God willing. I'd be happy to speak with anyone interested in hiring Rhe and wants to ask questions about my experience.

With so much love and gratitude,
Hannah