




To Whom It May Concern,

I am writing to highly recommend Rhe as a postpartum doula. Rhe was our live-in doula for our newborn daughter, Zoya. She was with us from the time we came back from the hospital for a period of 30 days spread over 6 weeks.

Rhe was instrumental in helping us get set up as new parents, particularly in the early weeks where so much is changing daily. She helped us navigate through the early days of breastfeeding and also in implementing time-saving processes for formula feeds.

She also taught us best practices in caring for a new baby and was good at giving us clear explanations and instructions. She is reliable, compassionate, and has a calming presence that made our transition into parenthood much smoother.

During her time with us, Rhe looked after Zoya with great care and dedication.



She performed her duties exceptionally well, ensuring that Zoya was always comfortable and we felt completely at ease leaving Zoya in her care.

Having Rhe around also made a huge difference to my post-partum recovery. She freed up time for me to sleep in between feeds and also cooked foods which helped with my healing - she made an effort to cook foods that were both healthy and tailored to my tastes. She was also kind enough to leave us with extra food to store in our freezer.

I wholeheartedly recommend Rhe to any family in need of a postpartum doula. Her expertise, kindness, and dedication made a significant difference in our lives during a crucial time.

Sincerely,
Raeesa B