

### Michele K

She was incredible with my baby throughout the night, but she also provided emotional support to me in a time I needed it most.



### Adam A

Ghenet was fantastic with how she was able to put my wife at ease almost instantly. She was so in tune with what was needed, so supportive and unintrusive.



### Chelsea

Her gift of sleep(!) helped me become a better person. Ghenet's calm demeanor, kindness, and wisdom made a significant impact.



## CERTIFICATIONS

- BA in Cognitive Sciences Brain development and learning from birth to geriatric
- INN certified health and nutrition coach
- PPD certified Dona International
- Ecotherapy certification
- CPR Certified
- Wilderness first aid



## EXPERIENCE

- Early Childhood Educator, 20+ years
- Assistant Director, Learning Adventures Early Childhood Center, 2 years
- Postpartum Doula, 12 years
- Research Assistant, Education and Brain Sciences Laboratory, Vanderbilt with a focus on learning differences and delays, 4 years
- Research and development Project Coordinator, 9 years
- Mother, 18 years and forever



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*Opt for a Holistic Family Journey*

**Discover Family Holistic Wellness with Ghenet Lee-Yong**

*Comprehensive Holistic Care for a Healthy Transitioning Family*

## *Premiere Overnight Care Service*

Rest is essential for your body and mind to heal and recover — yet in those first weeks and months, sleep can feel impossible to come by.

*With our **Premiere Overnight Care** service, you can sleep peacefully knowing your doula is there to handle the nighttime routine.*

Whether you're breastfeeding or bottle-feeding, your doula will lovingly support your baby's sleep routine so you can focus on getting the rest you need.

### ***Our overnight care includes:***

- Diaper changes
- Clothing changes
- Establishing healthy sleep routine and patterns
- Cleaning and maintaining bottles, feeding supplies, and related areas

With compassionate care through the night, you'll wake feeling more rested, refreshed, and ready for the day ahead.



## *Night Nurse (Extended Overnight Care)*

Our Night Nurse service offers evening care beyond those first few postpartum weeks — because support shouldn't end when the newborn phase does.

*Are you transitioning back to work and need a full night of uninterrupted rest?*

Maybe your older child is going through a tough time, and you'd love some extra help with the baby so you can give them your full attention.

Whatever your family's needs, your doula is here to provide comfort, care, and peace of mind — so you can rest easy knowing your little one is in gentle, experienced hands.

## *Specialized Services*

Every family's journey is unique. That's why we offer personalized support to meet your specific needs:

### ***C-Section Support for Mom***

- Assistance getting in and out of bed
- Help with grooming and personal care
- Lactation Consulting & Support
- Guidance and encouragement to help you feel confident with feeding your baby

### ***Family Support***

- Support for older siblings as they adjust to their new role
- Infant care training to build confidence as a parent

### ***Mindfulness Practices***

- Calming techniques to ease stress and promote relaxation
- Guided meditation and mindfulness exercises for emotional well-being

### ***Additional Services:***

I am available for Flight Travel for family vacations and other travel, such as business, with a focus on families with young children and babies.

### ***Individualized Care***

Every family's needs are different — and we're here to support you. Contact **Family Holistic Practices Postpartum Doula Services** to discuss how your doula can provide the care and comfort your family deserves.