

Postpartum Overnight *Support*

Rest deeply. Recharge. Fully.

WHAT TO EXPECT

Overnight support means parents sleep while their newborn receives expert, attentive, loving care through every quiet hour. You wake rested — and your baby wakes peacefully cared for.

Here is how an overnight shift unfolds.

HOW THE NIGHT UNFOLDS

1 Evening Arrival & Handover

I arrive in the evening, we review the day, baby's feeding plan, and any preferences — then you head to bed.

2 Every Feeding, Handled

I handle each night feeding — breast milk, formula, or both. If you are nursing, I bring baby to you and take over the moment you are done.

3 Diaper Changes & Settling

Every change, every time — quiet, efficient, and calm, with gentle soothing so baby settles back to sleep quickly.

4 Watchful Care Through the Quiet Hours

Attentive, loving presence all night long, responsive to every cue while your household sleeps.

5 Morning Handover

You wake to a fed, settled baby and a full report of the night — feedings, changes, sleep stretches, and anything worth noting.

What's Included

- ✓ Overnight shifts in your home
- ✓ All feedings — breast milk or formula
- ✓ Every diaper change handled
- ✓ Soothing, settling & watchful care
- ✓ Detailed morning handover

"My ultimate goal: a well-rested family and a peacefully cared-for newborn."

Book your free consultation

www.doulaatthegate.com

Dallas | Fort Worth | Available 24/7