

Postpartum Day *Support*

Here to help you find your footing, confidence, and rhythm.

WHAT TO EXPECT

The early weeks at home are tender, beautiful, and exhausting. Daytime postpartum support means an extra set of experienced, loving hands — so you can rest, recover, and grow into parenthood with confidence. Here is what a daytime shift looks like.

WHAT A DAY TOGETHER LOOKS LIKE

- 1 A Gentle Check-In**
Each shift begins with you: how you slept, how feeding is going, how you are feeling — physically and emotionally.
- 2 Hands-On Newborn Care**
Feeding support, diaper changes, soothing, and baby-wearing guidance while you shower, nap, eat a warm meal, or simply breathe.
- 3 Feeding Support**
Judgment-free help with breastfeeding, pumping, bottle feeding, or any combination — building a rhythm that works for your family.
- 4 Nurturing the Whole Household**
Light tidying of baby spaces, bottle washing, simple meal and snack prep, and care for the parents — not just the baby.
- 5 Education & Encouragement**
Answers to your questions in real time — newborn cues, sleep, recovery — so your confidence grows with every visit.

What's Included

- ✓ Flexible daytime shifts
- ✓ Newborn care while you rest
- ✓ Guidance & emotional support
- ✓ Feeding support — breast or bottle
- ✓ Light household help & meal prep

"You deserve to be held while you hold new life."

Book your free consultation

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