

## **I can educate and guide you through many care topics depending on your unique birth experience and family needs:**

### **Baby Care**

- Starting an organized feeding plan to ensure your baby is getting enough milk
- Handing and transferring your baby
- Breastfeeding assistance - How to overcome challenges
- Hand expression, pumping, safe storage of breast milk
- Bottle feeding, suck training, and syringe feeding
- Safe formula use, preparation, and storage - making an informed choice
- Soothing your baby and recognizing and responding to cues
- Diaper changing, assessing output and genitalia
- Burping, promoting digestion, and alleviating gas
- Swaddling
- Nail and umbilical cord care
- Bathing and infant massage
- Safe sleep strategies
- Tests to anticipate and what to expect
- Car seat safety
- How to assess and avoid risks of weight loss, dehydration, and jaundice in your baby
- Socialization and psychological development of your newborn

### **Mom, Partner, and Extended Family**

- Understanding your changing body (Hormones, flow, breast anatomy/physiology)
- Breast care comfort
- Pain relief
- Vaginal vs. caesarean after care and recovery
- Mental/emotional support and well-being for parents
- Assessing for post-delivery signs and symptoms (UTI's, Postpartum Depression, engorgement)
- Transition to parenthood and maintaining a healthy relationship
- Sex after birth and maintaining intimacy while healing
- Healthy body image, self-esteem, and getting back into shape after pregnancy
- Involving dad or your partner - Identifying their role and how they can help out
- Family planning - Helping to transition other children and pets, and involve family members in planning