



## Postpartum Mother & Newborn care

Virginie Levine, founder

(310) 869.2826

@motheringthefamily



# Description of Services

## THE FORTY-DAY MOTHER AND NEWBORN CARE WITH PARTNER

*Minimum Booking - 20 hours to use up during the first month*

*Maximum Time for Booking 3 Months*

*Optimal 3 weeks | Ideally 40 days with baby(ies) and partner*

As a postpartum doula (mother's helper) and a newborn/infant care specialist aka baby nurse, I offer guidance, companionship and nonjudgmental support during the fourth trimester, mostly no later after 2 weeks of age of newborn baby up to 3 months. I am often called back to help with early sleep conditioning or later solutions, breastfeeding support, infant/toddler parenting support and nanny coaching.

THE FORTY-DAY POSTPARTUM CARE is available for overnight or daytime in 12, 10, 8, 6, or 4 hour increments and includes the following:

## MOTHER CARE

- ◆ Breast/Bottle Feeding Support and Breast Care
- ◆ Pumping Milk and Freezing Milk Supply Guidance
- ◆ Preparing Meals Based on Your Nutritional Needs and Taste
- ◆ Emotional Support
- ◆ Keeping an Eye on Mother's Health
- ◆ Suggesting Various Comfort Measures
- ◆ Monitoring Visitations and Phone-calls to Allow Mother's Optimal Recovery
- ◆ Charting Nutritional and Medication Intake
- ◆ Suggestion of Journaling After Birth Experience
- ◆ Ensuring the Forty-Day Celebration \_ A Cycle of Completion and Rejuvenation
- ◆ Postnatal Yoga & Meditation Exercises
- ◆ Postpartum Belly Pack, Herbs and Toners, Pelvic Health Guidance
- ◆ Assisting Mother to Master the 'Cuddle Cure' \_ Soothing Techniques for "fussy" Baby

## NEWBORN CARE

- ◆ Breast/Bottle Feeding Support
- ◆ Feeding, Burping and Changing Baby at Night While Parents Sleep
- ◆ Helping Baby Back to Sleep
- ◆ Soothing "Fussy" Baby
- ◆ Care for Baby with Reflux, GERD
- ◆ Assistance with Bathing, Diapering, Dressing and Umbilical Care
- ◆ Keeping a Daily Log of Food, Sleep and Stool
- ◆ Newborn and Infant Baby Massage
- ◆ Baby Laundering, Folding
- ◆ Maintaining Nursery
- ◆ Helping Baby to Discover Difference Between Day and Night
- ◆ Initiating Daily Routine for Baby and Parents
- ◆ Twins
- ◆ Premies

## WITH PARTNER: Dad/Partner Involved

- ◆ Monitoring Visitations and Phone-calls to Allow Mother's and baby's Optimal Rest
- ◆ Emotional Support
- ◆ Assisting Partner with Mother and Baby's Massages
- ◆ Assisting Partner to Master the 'Cuddle Cure' \_ Soothing Techniques for "fussy" Baby
- ◆ Transitioning with Yoga & Meditation Exercises as a Couple and Parent

## OTHER

- ◆ Mother and Baby Shopping Related
- ◆ Nursery Set-up
- ◆ Light Household Tidying
- ◆ Meal Preparation, Drinks and Snacks
- ◆ Multiples
- ◆ Gay/Lesbian Families
- ◆ Teen Parents
- ◆ Products Recommendation
- ◆ Making Appropriate Referrals When Necessary: Placenta Encapsulation and Other Childbirth Professional referrals (midwife, Lactation consultant, etc.)

- ◆ Provide Evidence-Based Information
- ◆ Attachment-parenting
- ◆ Co-sleeping
- ◆ Nurtured Parenting
- ◆ Holistic Healing Services
- ◆ Vegetarian/vegan/raw meal preparations
- ◆ Superfood Introduction to meal
- ◆ First organic baby foods
- ◆ Aromatherapy

## BREASTFEEDING SUPPORT additional fees

One-on-one breastfeeding consultation is available as part of my postpartum doula service or separately depending on the situation and issue. I go into more depth covering the basics of breastfeeding - the physical and emotional benefits for the mother and the baby - and the particulars such as getting started in the hospital or at home - Baby's calorie intake, weight, latch, suckling skills/behaviors, position review, and more specifics. I provide referrals to mother-to-mother group support and lactation consultants I.B.C.L.C.

## YOUR BABY'S FIRST BATH

The first bath is more than a hygiene dip; it is of sacred significance in the first weeks of your baby's life. It is like meditative care in which holding, whispering, touch slows down and gives your baby the most nurturing and reassuring experience "out of the womb." I set the space consciously to be as warm and comfortable. Due to the different bathroom counters and sink size, it is sometimes impossible to offer the bath ritual as a complete and authentic experience. Yet, I will guide you in learning the meditative skills for your baby to appreciate the bath, the water, and this time with you.

## POSTPARTUM HEALING RITUALS (additional fees)

The healing rituals aid with the mother's physical and emotional changes after birth. The rituals are personalized, and their length varies depending on the birth experience and one's sensitivity. It includes hands-on healing techniques and handcrafted preparations and supplements designed to warm the empty womb, massage the internal organs, tighten and nourish the skin, promote uterine contractions, and hormone balance for a faster recovery.

## PREGNANCY AND POSTPARTUM YOGA & MEDITATION

It is a wonderful physical and spiritual practice which help alleviate pregnancy pain, gain strength, keep the body toned and flexible during the transforming weeks ahead. promoting a deep sense of relaxation in a sacred and loving group atmosphere. After the birth, It is a wonderful way to continue what you have created during pregnancy while sharing restorative and blissful yoga postures and medita-

tion with baby and partner, promoting an amazing opportunity to joyfully practice your parenting values and skills right from the studio, meet with other families, and/or from the comfort of your home.

## SLEEP CONDITIONING

The sleep pattern of a newborn is different from the adults or even a mature child. The baby has no sense of schedule yet, as he will gradually learn about the day and night cycles, learn optimal feeding at the breast, gain weight and thrive through milestones. I stand by sleep conditioning from a sensitive and holistic intake of the parent's reasonable goals, lifestyle and the infant's personality, health conditions and maturity. I base my approach on a nurturing, clear, respectful guidance with love and consistency.

## FLOW & PARENTING

I usher parents in modeling healthy sleep habits, promoting infant's independent skills during primary care and play activities, encouraging parents-infant conflict-free behaviors. I help them create a safe environment for babies and infants to explore and interact with the world, which allows time for uninterrupted play amidst a fun, consistent, and non-judgmental presence. Ultimately, I am aiding parents settling infant's space(s) to become a lively playground for future safe and exciting explorations, as well as creating an efficient nursery.

## PARENT-NANNY COACHING

I experience very often in my work the importance of bridging the gap from specialized newborn care to nanny care. At around the age of 4-6 months old, the infant becomes more social and displays essential attachment behavior. After being at the core of the infant routine since birth, my work is to assist parents and the new childcare giver(s) in having a smooth transition and accompanying the new family to a soft start.