

What is a Baby Nurse (Newborn Care Specialist) / Doula?

Baby Nurse helps the new mother with all aspects of care for a baby, from feeding, wash clothing and keeping the nursery clean. She is not responsible for care for the mother although a combination of Baby Nurses/Doula will assist the mother at times. These tend to be strictly temporary placements with Newborn Care Specialist usually working 10 or 12-hour shifts for job duration of 1-6 months.

How long should I keep my Baby Nurse?

The duration of the Baby Nurse time in your home will be your decision. We suggest a minimum of 2 weeks in order for you and the baby/babies to receive the Optimum benefit of newborn care.

When should I reserve my Baby Nurse / Doula?

We recommend as soon as possible. Baby Nurse/Doulas are in high demand anywhere from 2 to 6 months in Advance.

What if I have my baby or babies are early or late; Am I guaranteed a Baby Nurse/Doula?

Yes, Regardless of when you deliver, you will be guaranteed a Baby Nurse/ Doula. If the Baby Nurse chosen cannot begin at the time agreed because of an early birth we will provide a substitute until you're assigned Baby Nurse begins.

My private Baby Nurse fell through last minutes; can you still help me?

ABSOLUTELY!!!...Our large pool of highly qualified candidates allows us to act quickly in last minute EMERGENCIES.

What are Baby Blues, PPD and PPP?

Baby Blues: Many women-about 80% experience the blues following childbirth. This short-lived period is characterized by: weeping, fatigue, confusion and self-doubt.

PPD: Post-Partum Depression: Is manifested by: Mood swings, Uncontrollable crying, sadness, feeling of shame or guilt feeling confusion, Irritability and anxiety. *PPP*: Post Partum Psychosis: Manifested by: Fears to harming yourself or your baby. Mom should seek medical attention IMMEDIATLLY!!!

Where do I go for Help, in case of Postpartum Depression?

If you interested in learning more about Postpartum Disorders or simply obtaining information on childbirth you may wish to contact the following Organizations:

www.postpartum.net, www.childbirthconnection.org
OR
www.postpartumhealthalliance.org

What is the role of Baby Nurse/Doula?

- Teach new parents.
- Recognize symptoms.
- Educate on new products in the market.
- Emotional/Mental Support.
- Take Care of singletons or multiples.
- Food / Sleep schedule/ Sleep log.

What Brand of baby bottles is the Best in the market?

WE highly recommended the following: Dr. Brown's (gassy baby), Tri-Flow (reflux baby) or Born Free.

What is Colostrum, Foremilk and Hind-Milk?

- *Colostrum*: Liquid gold: 1st milk from "Breastfeeding" contains Antibiotics to protect baby immune system.
 - *Foremilk*: Water of breast milk high lactose.
 - *Hind- milk*: Cream of Breast milk-Very healthy for the baby.
- For more info about breastfeeding, please visit: www.la lecheleague.org.

What is Swaddle, and what is it good for?

Swaddling literally means to wrap. The baby is wrapped in a light cloth that pins the arms in to the sides, it imitate the womb and prevents the baby from moving around excessively. The benefits are: COMFORT, soothing and sleep longer.

Contact US