



POSTPARTUM SUPPORT
INTERNATIONAL



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19 years hands on experience assisting families as they transition into parenthood while providing evidence-based nurturing care. A wealth of knowledge on all things baby. A bona fide baby whisperer and parent-sanity expert.

What I do:

I help babies cry less, sleep more, and thrive. My care is rooted in evidence-based, nonjudgmental support, combining current research with compassionate, individualized guidance. My goal is for parents to feel calmer, more rested, and confident while ensuring infants feel loved, nurtured, and supported. I ensure all caretakers are on the same page so infants receive a sense of consistency and security. I work with parents to reduce feelings of isolation, resentment, and chaos so that they can enjoy their families more and allow their children to thrive!

Examples of services provided:

Infant Care: Daytime support, sleep habits, eating habits, developmental exercises. Demonstrations on newborn care (diapering, bathing, and swaddling etc.). Baby soothing and calming techniques. Infant massage. RIE techniques. Knowledge of product use and safety. Training and support of other caregivers.

Postpartum Healing: Physical, mental, and emotional support while adjusting to parenthood. Provide a space to process your birth experience and the emotions surrounding it.

Lactation and Feeding Support: Assist and troubleshoot with breastfeeding and bottle feeding. Instruction on proper fit of breast pumps, cleaning of parts, and storage of milk, milk flow problems etc.

Home Support: Mindfulness inspired organization, restocking, and cleaning of all things in your home baby related. Keeping an eye on schedules to ensure mothers are getting what they need (for example making sure you've had the time to get out and go for a walk that day).

Organization: I help families organize with the thoughtful intention of creating spaces in your home that are not only high functioning, but create good energy.

Older Children: Consult on sleep training/schedules as well as eating and behavioral habits.

Other Skills: Fluent in baby sign language, speak/read basic Spanish, familiar with Jewish kashrut.

Certifications and Trainings

ProDoula Postpartum Certified (PPD)

Carrot Approved Provider

Newborn Care Specialization (NCS), *The University of Colorado*

Intro to Educaring, *RIE (Resources to Infant Educators)*

Perinatal Mood Disorders, *Postpartum Support International*

Breastfeeding Support Course, *Stanford University Online*

Infant Massage, *Center For Massage Therapy*

Infant, Child, and Adult CPR/AED, *American Red Cross*

Livescan, *CA Department of Social Services*

Professional Liability Insurance, *M&F Group*

BFA major in performing arts *The University of Colorado*

Previous client references available upon request.