

Welcoming a new caregiver into your home after the birth of your baby is a big decision. That's why, at our core, Boston Baby Nurse is committed to providing families with the absolute best in baby care, sleep coaching and postpartum support. The foundation of that commitment to excellence is in our team of experienced registered nurses and comprehensively trained newborn care specialists who communicate in kindness and respect with every family to ensure all needs are met to the highest standard.

*This was our third son, and I knew I would be mentally and physically exhausted – which is why we decided to bring Boston Baby Nurse on board. It was, hands down, the best money we've spent. To know that I could look forward to a good night's sleep and trust that our baby was in great hands, was so valuable. We were anxious at first about having someone handle the night feedings, burping, changing, etc., especially because I am exclusively breastfeeding, but the process worked seamlessly. Thank you!*

Lauren, Hingham, Ma

*I was very apprehensive about having a stranger come into our home and take care of our daughters- but this instantly changed once we met Cheryl! We greatly appreciated Cheryl's commitment to our family by maintaining our weekly schedule as well as accommodating our family's needs. We instantly connected with Cheryl and valued her input and expertise as a night nurse and as a mother! She was a great resource and provided us with valuable tips and ideas- and did so in a professional manner.*

Meghan, Walpole, MA

Carole Kramer Arsenault, RN, IBCLC, owner of Boston Baby Nurse is the author of **The Baby Nurse Bible: Secrets Only a Baby Nurse Can Tell You about Having and Caring for Your Baby**. This book provides you with answers to your most important new-parent questions and a comprehensive lactation guide based on the standards set by the American Academy of Pediatrics.

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## Prenatal and Parenting Classes

At Boston Baby Nurse, we believe that supporting healthy and happy babies begins with supporting their parents. That's why we offer topic-related classes to help guide new parents each step of the way along the exciting path of parenthood.

### NEWBORN CARE

Classes and consults are designed for expecting parents or parents after the birth of their newborn. You can choose a classroom setting or have a consult right in the comfort of your own home.

- **Preparing for birth/ getting ready for baby**
- **Making the most of your hospital stay**
- **Newborn appearance**
- **What to expect immediately after birth**
- **Newborn senses**
- **Taking your newborn(s) home**
- **Bathing, diapering, burping, holding, and swaddling**
- **Infant soothing techniques**
- **Infant safety and nursery equipment**
- **Feeding: Breast and bottle feeding**
- **Illness**
- **Routines/schedules**
- **Tummy time and developmental play**



## Overnight and Daytime Baby Care



Overnight and daytime newborn specialists provide both education and support to parents during the first few months of a baby's life. We sometimes refer to this period as "the fourth trimester".

During those first few months of life babies usually wake to eat every one to three hours. Because newborns tend to sleep during the day they become more awake at night.

Night wakings are exhausting for parents and can create sleep deprivation (which contributes to depression). This is where an overnight newborn specialist (baby nurse) visit is particularly helpful. Your newborn care specialist will stay with your baby responding to every need so you can get a good night's sleep. She will also teach your baby healthy sleep habits.

Whether you are interested in scheduling one visit or several in a row Boston Baby Nurse will help you to make the most of these visits.

For more information or  
to schedule overnight visits  
contact Boston Baby Nurse today

781-444-4063  
info@bostonbabynurse.com  
BostonBabyNurse.com

## In-home Lactation Consults and Breastfeeding Class



Being prepared is essential to help jump start your breastfeeding experience correctly or to help you to make an informed feeding decision!

Topics to be addressed include:

- **Myths and facts of breastfeeding**
- **Milk production and composition**
- **Breast Feeding and Formula Feeding Comparison**
- **Hospital Preparation**
- **Complications and Challenges**
- **Product Review (what do you need to support successful breastfeeding?)**
- **Newborn needs and establishing a schedule**
- **Support network**

*Our time with Boston Baby Nurse and Christie in particular has been exactly what we hoped for and more. I slept better every night she was here-not only because Christie took the lead with our newborn but because I trusted that she was the safe caring hands of a baby expert. Christie also took the time to get to know my 4 year old son and would often engage with him in the mornings. It felt like Christie was a family member. Our now 5 month old sleeps through the night in her crib (unlike our 4 yr old) and this in itself is priceless. I would highly recommend Boston Baby nurse to anyone considering these type of services. Carole, Christie and the Boston Baby Nurse team are absolutely wonderful to work with!*

Liz, Jamestown, MA

