



Frequently Asked Questions

1 What kinds of support do you offer for newborns?

I offer in-home or virtual support for:

- Gentle sleep guidance (no harsh schedules or crying-it-out)
- Infant massage for bonding, gas, colic, and sleep
- Feeding support (chest/bottle/paced feeding/pumping)
- Understanding baby's cues + soothing
- Building realistic routines based on your family, not internet charts

2 Do you sleep train?

No — I support responsive, attachment-based infant care.

That means helping your baby sleep better without ignoring their needs or pushing anyone past their limits. We'll talk about biologically normal sleep, your sleep goals, and what gentle shifts are possible.

3 My baby cries all the time — is something wrong?

Crying is a baby's language, but if your baby seems unusually fussy, colicky, or hard to soothe, there could be underlying causes.

I can help you explore:

- Gas, reflux, or feeding positions
- Infant massage techniques
- Body tension or birth processing
- Environmental factors

And if I think something needs a second opinion, I'll refer you to a trusted provider (like lactation consultants, pediatric chiropractors, or pediatricians).

4 Can you teach me infant massage?

Absolutely — I offer acupressure-based massage to support:

- Sleep
- Gas and colic
- Digestion
- Bonding and sensory development

I'll show you how to safely do it at home, so you feel confident connecting with your baby.





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- 5 What if I just don't feel confident as a parent? Then you're completely normal — and in the right place.
- My job isn't to make you a perfect parent. It's to help you feel more connected, calm, and informed — and to remind you that your instincts are valid, even when they feel shaky.
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- 6 Is it normal if I haven't slept, showered, or eaten a full meal in 3 days? Yes — but let's change that.
- Part of newborn care is making sure you are fed, rested (even a little), and supported. If I'm working with you, that's on my checklist too.
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- 7 My partner wants to help but isn't sure how — can you support them too? Absolutely.
- I work with both of you to help build confidence, answer questions, and create routines that work for your unique family.
- Partners often feel unsure or left out — I'll help them find their rhythm, learn baby's cues, and be a steady part of care and connection.
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- 8 We have other family helping — how do you fit into that? I can complement (not replace) your village.
- Whether you've got helpful grandparents, unsure siblings, or a rotating cast of in-laws, I'll help set healthy boundaries, explain infant care basics, and make sure you're still getting the support you need.
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- 9 Can you teach both of us baby care basics? Of course, many families book a session just for this.



I can walk you through:

- Diapering + bathing
- Feeding and burping
- Babywearing
- Soothing and bonding
- Sleep setup and routines

It's hands-on, pressure-free, and built around your values and preferences — not a one-size-fits-all guide.
