



RED BLOSSOM WELLNESS

Birth and Postpartum Doula, Fitness, and Massage Services

Welcome Sweet Baby!!

Dear New Parents,

The staff at The Growing Mama wishes to extend a warm welcome to you and to your new baby. My services include emotional support, help with infant care, and taking over household duties as needed, so that you can rest, recover, and better care for your newborn and yourself. My intention is to help you relax and enjoy this special time. I am an experienced mother who knows well what it is to bring a new baby in your home and family. I come from a variety of professional backgrounds, and I am trained by experts in the field. While I will try not to offer unsolicited advice, because we realize you are inundated with it, my only desire is to give you support, a listening ear, and knowledge, so if you have questions or concerns, please ask!

In this Welcome Packet we have included helpful tips, local resources for new families, and your “What do I Need Most Today” checklists. Use these checklists to make better use of your doula service. You can even leave them out in the morning for your doula while you take a nap. Imagine, you could be sleeping, and your doula will come in and get your list done!

Wishing you a peaceful and joyous experience as you welcome your precious little one to the world,

Steph Shimkus

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