

Our uniquely crafted support services  
are designed to empower new families  
to make the most of those early weeks together.

**The Welcome Home, bebe™ 4<sup>th</sup> Trimester Partnership  
Provides In-Home Postpartum Support, Education, and Mentoring  
for Families Transitioning from Pregnancy to Parenthood.**

Nest Prep	Conscious Birth, Conscious Life
Week 1	Stay in Bed, Forget the Rest
Week 2	Nourishing Your Changing Body
Week 3	The Happiest Baby on the Block
Week 4	Travelling with bebe
Week 5	Developing Your Community
Week 6	40 Days Recap
Week 7	Capturing Memories and Milestones
Week 8	Infant Safety & CPR
Week 9	Your Newborn's Changing Behaviors
Week 10	Nourishing Your Changing bebe
Week 11	Back to Life, Back to Reality
Week 12	Night Moves
Wrap Up	4 <sup>th</sup> Trimester Recap

During our time together we manage the milestones of the 4<sup>th</sup> Trimester, starting your parenting journey off with a customized plan for success. Our 14 week partnership begins before your birth with a nest preparation and relaxation session, allowing you to calmly welcome your birth experience knowing that everything at home is ready to welcome your bebe. A weekly visit throughout the 4<sup>th</sup> Trimester allows your family's changing needs to be welcomed with patience and confidence. Early on we develop skills that allow you to embrace and enjoy your new roles together, using a combination of guided relaxation, weekly task lists, and hands-on education and support.



POSTPARTUM  
Professional Support  
for Modern Families

Our community balances fun, fellowship, and friends.  
We gather at different seasons in our lives to share and grow.

### **OmMama Lunch Bunch**

New and expecting mamas, join us at different locations throughout the month for fun and fellowship. We lunch, we learn, we dish about being our best selves for our dynamic families. Check the schedule for the next one! Find OmBalance on Facebook, the web, or email [AskAsh@bebetalk.org](mailto:AskAsh@bebetalk.org) for more information.

### **Westside Walkabout**

This walking group is about creating a community for new and expectant parents to ask questions, find answers, and make friends. Research has shown that walking for 30 minutes a day can lower blood pressure, manage weight and may just improve your mood! Check the schedule for the next one! Find OmBalance on Facebook, the web, or email [AskAsh@bebetalk.org](mailto:AskAsh@bebetalk.org) for more information.

### **Saturdays in the Park**

This hiking group meets throughout the metroplex and is a community for new and expectant parents to ask questions, find answers, and make friends. Research has shown that walking for 30 minutes a day can lower blood pressure, manage weight and may just improve your mood! Check the schedule for the next one! Find OmBalance on Facebook, the web, or email [AskAsh@bebetalk.org](mailto:AskAsh@bebetalk.org) for more information.

OmBalance is your partner in the transition to parenthood.

### Must Have Minis

**25 you + partner**  
**90 minutes**

Hone your must-haves during one of our quick and clever Welcome Home, bebe!™ workshops with Ashley. Each week we tackle a new postpartum topic. We start with evidence-based, sanity saving pro-tips to take your parenting to the next level, with discussion and fellowship to follow. Bring a snack and your smart device. Electronic resources will be made available over WiFi. These workshops are fun and informative, and you will leave inspired to rock your parenting journey. Topics include:

- all wrapped up: bebe wearing for the modern family
- sleep training is your frenemy: who needs it, how to get it
- dapper diapering: so many options, so much easier than you think!
- green up your nest: holistic without the headache
- breastfeeding help group: because sometimes breastfeeding sucks
- pumped up!: pumpers are breastfeeders, too!

### Welcome Home, bebe™

You're home, you're together, you're a family... NOW WHAT?! This is the postpartum and parenting class you and your partner have been waiting for. We start with the magical hour following your bebe's birth and tackle all the details the 4<sup>th</sup> Trimester will expect you to expertly manage, exploring the Mind-Body Connection, Developmental Milestones, and Practical Management of the 4th Trimester. This detailed lecture and discussion includes hands-on practice stations, allowing you to rock the 4th with calm, comfort, and confidence. This class is best attended while you're still pregnant. Topics include:

**275 you + partner**  
**one-day fast track**

**275 you + partner**  
**five-week series**

**75 you + partner**  
**single class**

- Making a Plan, Managing Expectations, Prepping Your Team
- The First 40: Stay in Bed, Forget the Rest;
- Nourishing Your Changing Body;
- On the Move with bebe;
- Developing Your Community;
- Making Memories & Capturing Milestones;
- Infant Safety;
- Your Newborn's Dynamic Behaviors;
- Easy Night Time Routines;
- Back to Life, Back to Reality.

You bring home the bebe, We bring home the balance.

**bebeREADY*****Making the Transition***

Prep your nest and pack the bag, we're exploring the first hours after birth and its impact on the first week of your postpartum and parenting journey. In this workshop we explore the ongoing development of a positive relationship between you, your partner, and your infant. In our time together we envision, plan, and organize for the first six weeks including getting your home ready, making the most of your recovery and bonding time right after birth, and starting your 4<sup>th</sup> trimester with confidence.

**bebeBASICS*****Quick and Easy Tips for Juggling Your Newborn***

This comprehensive newborn care workshop is all pro-tips addressing all the topics you forget to ask about until you really need them. We cover the basics of newborn care including feeding, bathing, diapering, cord care, getting out and about with your infant and organizing all of their stuff at home and on the go.

**bebeSAFE*****Infant Safety & CPR***

An injured bebe is the worst fear of every parent. This infant safety & CPR workshop provides the vital knowledge & skills YOU need to respond with confidence to a life-threatening situation with your infant. In addition to learning how to recognize & manage breathing emergencies, we'll get smart about how to avoid injuries - keeping your baby safe at home, in the car & on the go. Also covered: car seats, childproofing your nest, & making safe sleep choices.

**bebeSMART*****Hands-On with the Five S's***

Addressing the fourth trimester and your infant's dynamic needs, the Five S's are your superpower against the dreaded colic concept and will ensure that your bebe is eating, sleeping, and communicating in a way you can best understand and respond. Parents CAN learn techniques for calming fussy, colicky babies! The classes are based on techniques he outlined in "The Happiest Baby on the Block: The New Way to Calm Crying and Help Your Baby Sleep Longer."

**bebeFOOD*****Breast, Bottle, & Beyond: Infant Feeding for Every Family***

This comprehensive infant feeding workshop addresses breastfeeding, bottlefeeding with formula and expressed milk, transitioning to solids, and how to feed your bebe when returning to work. We'll address the expectations, challenges, and practical applications of all methods of infant feeding, complete with pro-tips and a customized community resource guide.

Balance in motion brings bliss into being.

**prenatal&bebe&ME Yoga****56 – 4 class pass****104 – 8 class pass*****may be combined with Tai Chi***

bebe&ME Yoga is a nurturing and strengthening practice, incorporating a mixture of postures and breathing techniques taught to women at all stages of pregnancy and postpartum. Bebes can begin any time, and tend to enjoy the class until they are crawling. Please feed your infant any time during class in the studio and change baby's diaper any time, too. In fact, this class helps baby work up an appetite; make impressive diapers, and sleep, sleep, sleep! Please wear your bebe in an infant carrier or bring a blanket for her to lie atop.

**prenatal&bebe&ME Tai Chi****56 – 4 class pass****104 – 8 class pass*****can be combined with Yoga***

bebe&ME Tai Chi emphasizes the development of strength, balance, and motion coordinated with breathing. The movements are circular in nature, bringing relaxation and a sense of calm to mother and bebe. The practice of Tai Chi has been shown to have extensive health benefits for both the body and brain, and can be done seated, standing and walking. A typical class will consist of stretching, warmup, and exercises which cultivate flexibility, proper posture, breathing, coordination, balance, and expression of power in technique. Taught to women at all stages of pregnancy and postpartum, fathers and caregivers are invited and bebes can begin any time. We encourage all infants in attendance to be secured in a carrier.

**Private Classes or Movement Session****125 per hour**

## Available Practitioners:

Cheryl Johnson

*Prenatal, Postpartum, Water Yoga**Watsu*

Rustin Coones

*Tai Chi Chuan**Qi Gong**Wing Chun Kuen*

You're home, you're together, you're a family! What now?  
We know how good you're going to be at this.  
And we know you need some help.

Because each family's journey is unique, you can't help but be all wrapped up in the myths that have been passed around. But your story is DIFFERENT. Your story of successful parenting is all about calm, comfortable confidence. Yours is a story of education, support, and trust that will empower your innate abilities to nourish each other during the early weeks of your parenting journey. Infant nutrition specialists and parenting educators, experts in the latest on child development and greening up your nest, knowledgeable in the fitness and nutrition needs of your changing body and family, rooted in evidence-based best practices... that's what our partnership brings to your family in your earliest days home. Whether you're joining us for a parenting preparation workshop, reaching out for breastfeeding support, or maintaining your sanity thanks to our postpartum doula services, support after your birth is just as vital to your success & satisfaction as your birth preparation.

<b>Welcome Home, bebe™ Office Consult</b> <i>Up to one hour in our office</i>	<b>75</b>
<b>Welcome Home, bebe™ Postpartum Doula &amp; Overnight Newborn Care Specialist</b> <i>8am – 4pm four-hour minimum, billed hourly</i> <i>10pm – 8am ten-hour minimum, billed hourly</i>	<b>45</b>
<b>*Welcome Home, bebe™ In-Home Consult, Single Session</b> <i>Up to three hours in your home</i>	<b>325</b>
<b>Welcome Home, bebe™ In-Home Consult, Multi-Session Package</b> <i>Fourteen consecutive weeks of WHB sessions in your home</i>	<b>3850</b>
<b>Private Workshop</b> <i>Three hours of personal instruction in any subject we teach for mom + partner</i>	<b>275-350</b>
<b>Breastfeeding &amp; Postpartum Support – Remote Support, Single Session</b> <i>Thirty minute virtual consultation: text, phone, Skype</i>	<b>45</b>
<b>Breastfeeding &amp; Postpartum Support – Remote Support, Multi-Session Package</b> <i>Two weeks of daily scheduled thirty minute virtual consultation: text, phone, Skype</i>	<b>450</b>
<b>Private Postpartum Concierge &amp; Family Management Services</b> <i>Exclusive services that are fully inclusive. Billed in full-hour increments.</i>	<b>125</b>

Professional Postpartum Support Packages  
take the guess work out of the planning process.

**Calm Start Package****675***Includes:*

- *Welcome Home, Bebe™ Nest Prep Consult*
- *Postpartum Action Plan*
- *Fear Release and Relaxation Session*
- *One Week of Remote Breastfeeding & Postpartum Support*
- *Infant Abhyanga Home Visit*

**Get Smart Package****925***Includes:*

- *Welcome Home, Bebe™ Nest Prep Consult*
- *Postpartum Action Plan*
- *Private Class: bebeSMART for First Time Parents*
- *Private Class: Breast, Bottle, & Beyond: Infant Feeding for the First Year*
- *One Week of Remote Breastfeeding & Postpartum Support*

**4<sup>th</sup> Trimester Essentials Package****1,700***Includes:*

- *Welcome Home, Bebe™ Nest Prep Consult*
- *Postpartum Action Plan*
- *Private Class: bebeSMART for First Time Parents (includes bebeBASICS, bebeSAFE, The Happiest Baby on the Block)*
- *Abhyanga for Mother & bebe Home Visit*
- *Five consecutive days of in-home support in four-hour increments*

**Rock the 4<sup>th</sup> Package****8,675***Includes:*

- *Welcome Home, Bebe™ Nest Prep Consult*
- *Postpartum Action Plan*
- *Private Class: bebeSMART for First Time Parents*
- *WHB 12 week in home partnership*
- *Five consecutive overnights of in-home support in ten-hour increments beginning the day you get home with your bebe (totaling 50 hours of support)*
- *Twelve Weeks of Remote Breastfeeding & Postpartum Support*

Rock the 4<sup>th</sup>:  
A Postpartum Action Plan

**Ashley Coones**  
**817-372-7498**  
**AskAsh@bebetalk.org**

While the arrival of a new baby (or babies) is a time of great joy and excitement, many new parents are unprepared for the changes that lack of sleep, recovery from the birth experience and having an additional family member can have upon their lives and home. Due to a lack of experience with babies and an unrealistic exposure to life with an infant through mainstream media, many parents find themselves under-prepared for the weeks and months following the birth of their baby. They are under the mistaken impression that while they might need help for a week or two, things will then calm down and they can settle back into their lives—only now with a baby.

The reality is that the adjustment, both physical and emotional, lasts with some intensity for the first three months following birth; any parent of a baby or toddler will tell you that the challenges do not end there.

The Postpartum Plan Worksheet is designed to help new parents have realistic expectations of their early months with a baby and set up their support network in advance. Doula's can help families understand that investing time in making plans before the birth of the baby can be an enjoyable part of the anticipation of what life will be like with a new little one.

*Adapted from Postpartum Plan by Susan Martensen, DONA Postpartum Doula Trainer*

PLANNING FOR THE FIRST SIX WEEKS  
Postpartum Action Plan

Ashley Coones  
817-372-7498  
AskAsh@bebetalk.org

Make plans now for a smooth transition to parenting. A new baby is a wonder and a challenge so plan now to devote yourselves to this adjustment period, often considered to be “the Fourth Trimester”. Determine the tasks you’ll need a hand with and discuss now how you will manage them all.

You will only welcome this new baby into your lives once,  
so make it a priority.

Many experts recommend that the mother be devoted only to caring for her baby, recovering physically, adjusting to emotional and hormonal changes, and resting. The other parent then combines looking after the baby *and* the mother *and* the household. Some new families find they really appreciate a third person to help manage this transition.

*Adapted from Postpartum Plan by Susan Martensen, DONA Postpartum Doula Trainer*

## Skin-to-skin

Make it a priority to have baby on mother skin-to-skin for much of the day in the first week or more. This will help baby feel safe, build baby's immune system, promote brain development and milk production and ensure baby is able to breastfeed on demand. **The more time you spend with your baby the more quickly you will get to know his/her cues, needs and personality.**

Babies also enjoy skin-to-skin on their other parent's naked chest. You may find your baby sleeps best on one or the other of you in his/her first days or even weeks.

## Sleep and Rest

How many hours of sleep do you usually need (pre-pregnancy) per night?

Mom: \_\_\_\_\_ Partner: \_\_\_\_\_

How will you get this sleep over a 24 hour period? How will you function on less sleep?

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## Physical Recovery

Five days in bed are often recommended with brief periods up to eat meals (eat only one meal out of bed). Staying in bed means you will be ready to nap when there is an opportunity. *Most visitors will leave quickly if they find you half-dressed and in bed.* Minimize climbing stairs (just once per day). Make time for sitz baths (sitting in a few inches of water, perhaps with Epsom salts, to reduce swelling or ease hemorrhoids.) Change your sanitary pad every few hours in the first few days.

What are your priorities for your recovery? Who will help?

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## Emotional Adjustment

Who will listen to and support you as you adjust to a new focus and pace of life: caring for a baby 24 hours a day, staying home much of the time, and possibly a hormone-induced roller coaster of emotions?

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## Visitors

Who will be welcome to visit in the first week?

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What are your ground rules and how will you communicate them? Length of visit, Arranging Visits, Timing Visits, etc.

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Who will help clean or bring food?

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Where will you be? In bedroom? In the living room? Socializing? Hiding Out?

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## Phone/Email/Social Media

What will you post? When? Will you indicate lack of availability or visiting rules?

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## Food

Many women find they need a few more calories than when they were pregnant. New mothers need both regular meals and healthy snacks. We plan to:

- Prepare and freeze meals in advance
- Prepare meals day to day ourselves
- Have someone else prepare meals for us
- Ask visitors to bring meals or snacks.
- Have a baby shower where everyone brings food.
- Go to Supper Works and prepare meals in advance
- Order in meals \_\_\_\_\_ times a week from \_\_\_\_\_
- Combine above strategies \_\_\_\_\_
- Snack a lot. What are your favorite healthy snacks?

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## Organization

What will be in your breastfeeding area (pillows, snacks, water, reading material or remote)?

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What will be in your changing area(s) and where will it/they be?

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Where will you get professional breastfeeding help if needed?

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## Caring for Baby and Household

We plan to:

Do it all ourselves

Have support from family/friends

Hire help, ie professional postpartum doula, house cleaner, nanny

## Pets

Important care - What help will you receive from family and friends?

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## Staying connected to the Outside World

What are your priorities (computer time, time with friends, meetings, volunteering...)?

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## Defining roles

Who will

... feed the baby? \_\_\_\_\_

... soothe the baby? \_\_\_\_\_

... diaper the baby? \_\_\_\_\_

... bathe the baby? \_\_\_\_\_

Who will do the

... cleaning? \_\_\_\_\_

... cooking? \_\_\_\_\_

... clean the kitchen? \_\_\_\_\_

... do the laundry? \_\_\_\_\_

... shopping? \_\_\_\_\_

... run errands? \_\_\_\_\_

## Beyond early parenting (after 6 weeks)

Where will you find long term parenting support, fitness, activity groups and babysitting?

\_\_\_\_\_  
\_\_\_\_\_

Mother: For myself, every \_\_\_\_\_, I want to \_\_\_\_\_ beginning at week \_\_\_\_\_.

\_\_\_\_\_  
\_\_\_\_\_

Partner: For myself, every \_\_\_\_\_, I want to \_\_\_\_\_ beginning at week \_\_\_\_\_.

\_\_\_\_\_  
\_\_\_\_\_

## Relationship

It is important to our relationship that we:

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## How and when will you resume your sexual relationship?

It is usually recommended that women put nothing in their vagina for six weeks. Resuming sex can take conversation and planning. How will you reconnect physically after birth?

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## Financial and other concerns

How will your baby affect your finances? What changes do you need to make in your budget, if any?

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Do you need a will?

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Do you need Life insurance?

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Will you appoint a godparent/guardian for your child?

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Do you know how to get a passport for your child?

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Other concerns and priorities for you as parents:

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