

Nested LLC is recognized as the TOP Parent Education Practice for the Washington, DC / Maryland / Virginia metro region as featured on the TOP Doctors Interviews which are seen on CNN Headline News, FOX News, Oprah Winfrey Network, BRAVO, MSNBC and other networks.

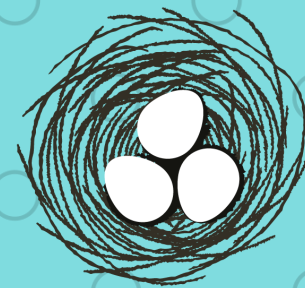
Nested clients email and post testimonials and photos for use on our social media & website (found at the bottom of the homepage), post 5-star reviews of our classes on [Google](#) & [Yelp](#)!

Nested LLC believes the health of our clients, instructors, and members of our administrative and operations team is of utmost importance. As a result of the COVID-19 pandemic, Nested created new safety protocols that ALL clients and Nested team member, must adhere to as noted in its Terms of Services & Conditions. Nested closely monitors and will adhere to public health guidelines to maintain best practices to prevent the spread of COVID-19.

**NESTED LLC'S MISSION IS TO
EMPOWER WOMEN AND
THEIR FAMILIES, BOTH
LOCALLY AND ABROAD, BY
PROVIDING THEM WITH
CHILDBIRTH & NEWBORN
CARE EDUCATION AS WELL
AS INVALUABLE MEDICAL
AND PUBLIC HEALTH
RESOURCES**



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nested

**PREPARATION FOR
BIRTH, BABY &
BEYOND**

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ABOUT US

Since 2017, Nested has successfully educated thousands of families with the highest quality of education that truly focuses on the entire family unit. Nested also has a philanthropic mission, Project Nido, where they help those in need in the DC area and participate in medical mission trips overseas.

Nested's comprehensive, HIPAA-compliant childbirth education, newborn care & infant CPR and choking prevention, and breastfeeding preparation classes promote a safe, casual, interactive learning environment to prepare expectant parents, grandparents and caregivers for physical and emotional pregnancy issues and for their baby's arrival. Nested curricula are continually adapting and being updated to ensure it addresses the latest medical care and healthcare trends.

CLASS FORMATS

Nested's classes are taught by licensed practicing medical professionals--MDs, PAs, NPs, nurses, a licensed physical therapist, a licensed professional counselor, and a team of doulas.

- **In-Person Classes:**
 - Childbirth Education (CBE)
 - Newborn Care and Infant CPR & choking prevention (NB/CPR)
 - Infant CPR & choking refresher
- **Online Closed-Captioned VIDEO Classes with LIVE Q&A Sessions:**
 - Childbirth Education (CBE)
 - Newborn Care and Infant CPR & choking prevention (NB/CPR)
- **Interactive LIVE Virtual Classes:**
 - Breastfeeding Preparation
 - Childbirth Education (CBE)
 - Newborn Care and Infant CPR & choking prevention (NB/CPR)
 - Bonding With Your Newborn Support Group

CLASS DESCRIPTIONS

BREASTFEEDING PREPARATION

The Breastfeeding Preparation class reviews breast anatomy, latch and positioning, jaundice and colic, safe handling, storage and warming guidelines of pumped milk, what to expect in the early days of nursing, and more to provide you with the education and solutions to meet your goals.

CHILDBIRTH EDUCATION (CBE)

The Childbirth Education (CBE) class covers the labor & delivery process including techniques in breathing, pain management and tools for partners to be actively involved.

NEWBORN CARE AND INFANT CPR & CHOKING PREVENTION (NB/CPR)

The Newborn Care and Infant CPR & Choking Prevention (NB/CPR) class covers practically every newborn issue and skill needed from the moment they are born through their first year of life.

THE NUMBERS TO-DATE SINCE 2017:

- ◻ +2,000 clients taught
- ◻ +300 in-person classes held (CBE, NB/CPR, Preconception)
- ◻ + 20 LIVE virtual classes held since fall 2020 (CBE, NB/CPR, Breastfeeding Preparation)
- ◻ +300 clients purchased access to our CBE & NB/CPR online VIDEO classes
- ◻ +25 Q&A sessions for CBE & NB/CPR online VIDEO class clients



Childbirth Education (CBE) Boot Camp



Newborn Care & Infant CPR (NB/CPR) Boot Camp



Breastfeeding Classes & Lactation Guidance



Preconception Planning and Postpartum Resources

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