



Preparation for Birth, Baby & Beyond

Nested LLC's mission is to empower women and their families, both locally and abroad, by providing them with childbirth and newborn care education as well as invaluable medical and public health resources.

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.

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.

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

OUR CLASSES

All of [Nested's classes](#) are taught by licensed practicing medical professionals. Nested adheres to a [team-based approach](#) – the team of instructors consists of physicians, nurses, a PA, an NP, a physical therapist, and a team of doulas.

- In-person group and private classes:
 - Childbirth Education (CBE)
 - Newborn Care and Infant CPR & choking prevention (NB/CPR)
- Online 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)



Nested's in-person & LIVE virtual group classes are held every Saturday and/or Sunday throughout the year, except on weekends that are part of national or federal holidays; private classes are not held at the same time as group classes; online video class are available 24/7 for one-month membership access to be viewed from the comfort of the client's home. **NOTE: Before the COVID-19 pandemic, the capacity for in-person classes were 10-15 couples based on class location. When small in-person classes resumed in mid-June 2020, the capacity was reduced to 4 couples + 2 Nested team members (1 instructor + 1 assistant instructor / doula).*



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NESTED'S RESPONSE TO COVID-19

With her public health background, Nested's founder, [Nidhi Reva, MPH PA-C](#), knew long before the Spring 2020 stay-at-home orders that COVID-19 would have a huge impact on daily lives. Since she's continuing to practice as a clinician while also running Nested, she felt the impact in both roles: as a care provider and a business owner. As a business owner, Nidhi felt the pressure to keep her business afloat while keeping her clients safe and providing them with Nested's valuable education and resources.



- **In early March 2020:** Nested began canceling and providing refunds for their classes booked through June 2020.
- **March – April 2020:**
 - Nidhi spent time in a TV studio to create professionally-produced, HIPAA-compliant videos of Nested's Childbirth Education class and Newborn Care & Infant CPR class
 - Nested held weekly LIVE Q&A sessions with clients originally registered for classes March - June; these clients were given access to the DRAFT videos so they could review & provide feedback until the final versions were completed.
 - Nested created & updated regularly [COVID-19 resource documents](#) for clients & posted on website, including [Nested's Hospital Packing Checklist List for Expecting Families During COVID-19 Pandemic](#)
- **Early May 2020 through today:** The [online VIDEO classes](#) became available to the public in early May 2020; Nested hosts month LIVE Q&A sessions for registered video membership clients.
- **April – May 2020:** Nested created [new safety COVID protocols](#) that are required for ALL class attendees (clients as well as Nested team members)
- **Mid-June 2020 through today:** Nested resumed small, in-person group classes every weekend with the type of class alternating each weekend
- **October 2020:** Nested launched its new LIVE virtual Breastfeeding Preparation class
- **January 2021:** Nested launched its new LIVE virtual Childbirth Education (CBE) and Newborn Care and Infant CPR & choking prevention (NB/CPR) classes



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KEEPING IN TOUCH WITH NESTED

Nested likes to keep in touch with our clients, [collaboration partners](#) and other colleagues in the community through our social media accounts, [blog](#) and [newsletter](#), which has a distribution list of more than 2,000 contacts in the Washington, DC area and nationwide.



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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.

Our clients are so wonderful! They 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](#)!