



nested



Nested's mission is to empower women and their families, both locally and abroad, by providing them with childbirth and newborn education. Drawing upon years of experience as a healthcare provider, public health advocate, educator and mom, Nidhi Reva founded Nested in 2017 to provide patients and their partners with high quality childbirth and newborn preparedness classes. These classes are designed to prepare new and experienced parents for a healthy and positive birthing experience with detailed instruction and counseling. Nested classes strive to give a comprehensive holistic educational experience, taught exclusively by health care providers. Supported by the award-winning OBGYN offices of Reiter, Hill, Johnson and Nevin, use promo code 'RHJN' to receive \$20 off of your first class!

[Schedule a Class](#)



Nested Fall Giveaway!

Have you visited Reiter, Hill, Johnson and Nevin's new DC office location yet?! For the rest of the month, stop by and drop off a business card for a chance to win a Founding Farmers gift card and a free Nested class! From labor and delivery to newborn care, Nested offers a variety of award-winning classes for new parents-to-be taught by a team of medical professionals, to include doctors, physician assistants, nurse practitioners, labor and delivery nurses. Nested is recognized as the Top Parent Education Program for the Washington DC/Virginia/Maryland metro region, and is featured on Top Doctors Interviews. Enter this month for your chance to win, and experience Nested classes first hand!



RHJN Advance Care Practitioners celebrate Laura Shernit's fourth pregnancy!

These are the things her colleagues said about her-

"Great clinician and preceptor. We learn a lot by reading her notes and she is very approachable. She is a fun mom and we love seeing her kids grow up. She is a valuable to our team!"



"Swedish Dads" by Johan Bavman

What would parenting in the United States be like if all fathers could take six months of paternity leave? While the US is the only industrialized nation that does not guarantee paid maternity/paternity leave, Sweden has one of the most generous paid leave policies in the world. Nested loves how Sweden is taking a closer look at the importance of paternity with their Swedish Dads exhibition, featuring a photography series of portraits of 45 fathers on display, now *through December 15* at the Embassy of Sweden in Washington, DC. Nidhi Reva and Johan Bavman (exhibition's photographer) discussed the importance of having men express vulnerability, especially with their children during the open ceremony last week.

[Read 'Swedish Dads'](#)

