



MAY 2020: Announcing Nested's Virtual Online Classes

Nested's Virtual Online Classes Now Available

I am so very excited to share with you that Nested has delivered 2 new HIPAA-compliant "BABIES" this Mother's Day week...

Nested's HIPAA-compliant professional-produced virtual online classes are now available on [our website!](#) By registering for a Nested virtual online course, you will receive a one-month access to Nested's [Childbirth Education \(CBE\) course](#) and/or the [Newborn Care and Infant CPR \(NB/CPR\) course](#), the ability to participate in two LIVE virtual webcast Question & Answer discussions for the course with which you are registered via GoToMeeting, and access to the course Resource Guide and additional information.

The virtual online video classes have Nested's Founder & Managing Director, [Nidhi Reva, MPH PA-C](#), on camera as she walks the viewer through the course material, demonstrations and other informational videos that are used during our in-person classes. We recognize the importance of in-person demonstrations to practice infant CPR and choking prevention.

Either Nidhi or [one of Nested's incredible instructors](#) will lead the LIVE virtual webcast discussions and answer questions you may have from viewing the class video and any additional general questions and concerns. The Q&A sessions will be held on evenings and/or weekends so they do not conflict with your weekday responsibilities. Please be sure to **view the class video prior** to the discussion.

While Nested's team members are a medical professional, their capacity at Nested is to provide you with an educational overview. Everyone's medical health is a unique picture. Therefore, it's important that you talk with your medical provider about your specific concerns and recommendations.



WHAT PARTICIPANTS ARE SAYING...

"With our first child due in late April, we took Nested's Childbirth Education course online because of the ongoing coronavirus closure. Nidhi and the Nested Team did a wonderful job working with us expecting parents and bringing the curriculum to us online with multiple opportunities for live Q&A sessions. They've tirelessly communicated with labor & delivery personnel at area hospitals to bring us the latest developments and guide parents on what to expect for labor in these unusual circumstances. Nidhi has also been helpful in navigating the mental and emotional wellbeing aspects of pregnancy under quarantine, and she provides great resources in this area. We highly recommend Nested's Childbirth and other courses -- it is clear they care deeply about each of their parents-to-be."

"I just wanted to thank you both for a great session today and

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Childbirth Education (CBE) ClassNewborn Care & Infant CPR (NB/CPR) Class

REGISTER TODAY!

<https://nestedbaby.com/class-overview>

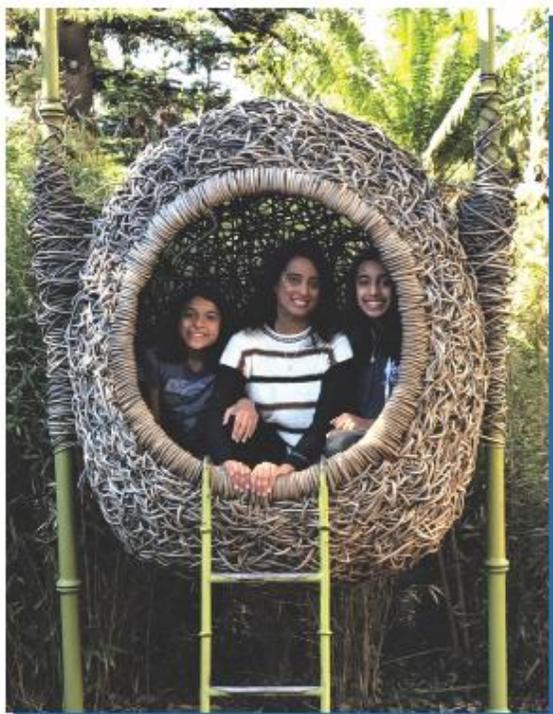
for all of your hard work in getting these virtual sessions going amidst difficult circumstances. On a related note, I've had some other friends who are expecting whose prenatal classes were cancelled entirely. I told them about Nested and how we were able to have the class virtually."

"Hi Nidhi & Amy, I just want to offer another thank you from my wife and I for the extra measures you have deployed at Nested Baby during these weird times. The video and live Q&A were both very helpful! We will remain in touch with follow up questions as we approach our May 3rd due date."

While we anticipate being able to resume our in-person classes this summer, please note that our virtual online classes will continue to be an available option! Registration is available for June - December 2020 in-person classes on our [class calendar](#).

A MOTHER'S DAY NOTE FROM NIDHI

I am very fortunate to have two smart, beautiful, kind, loving, strong and silly daughters. They are the most wonderful Mother's Day and EVERY DAY gift I could ever want! Some of you may think that I'm a terrible daughter because I didn't recognize my mom this Mother's Day...not to worry because in [Nested's March Newsletter](#), I gave my incredible mom, Nirmala Shah, an early Mother's Day present by proudly bragging about her incredible work as a microbiologist. So, *mom, this one counts as a second Mother's Day present, right? :)*



While the gestation period was not nine months for the development and delivery of Nested's virtual online course videos, it only felt like it because they were, without a doubt, a creation and labor of love, some sweat, and maybe even a few tears (I am so NOT a TV-camera star). I want to thank the studio production team at [NewsWatch](#) for their faster than normal turn around schedule and for their endless hours of filming and editing to produce polished, professional quality videos. Nested is proud to have these videos on our website and to share them with all of you.

Nested LLC is grateful for everyone who has helped us through this journey as well as in the development and production of Nested's class videos, including: Fibuspam/PACH, our philanthropic partners, Doulas of Capitol Hill and our RHJN family, especially to Nicole Hakenson; the creativity of Amy Zheng (artist of medical illustrations), Daniel Rodriguez (videographer), the photographers at [upsplash.com](#), Christy Clarke, and NewsWatchTV.

Thank you for your patience, understanding and support as we developed these online courses. We hope that these virtual online childbirth and newborn care education courses and Q&A discussions will provide you with an alternative way to help you feel more confident, reassured, empowered and prepared during your pregnancy journey.

Wishing you a happy, safe, and healthy Mother's Day!

Warmly,
Nidhi & the Nested Team

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Constant Contact