

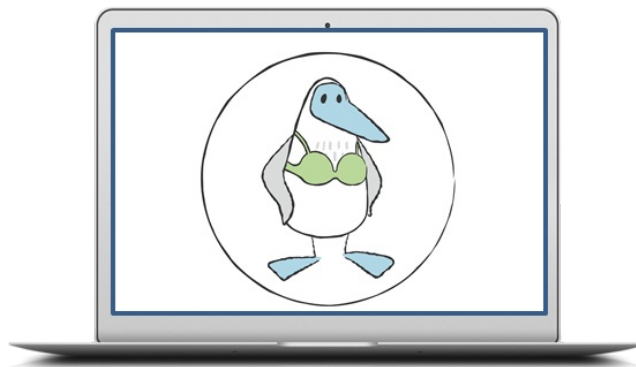


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**SEPTEMBER 2020**

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We all know that breastfeeding offers a lot of benefits including nourishment, skin to skin contact with your newborn, and even the reduction of illness. These benefits provide us the solace for those sleepless nights and daytime “zombie walking”.

As a mom and a medical provider, I know all too well that breastfeeding is the hardest natural thing that we do. For some moms it's really easy and a natural flow between mom and baby occurs, but for other moms it can be challenging and almost tearfully defeating. No matter the amount of effort or preparation can help when you have things that are out of your control.

**Nested is excited to announce it's new LIVE interactive online Nested Breastfeeding Preparation classes starting in October to prepare you for your breastfeeding journey and help you successfully reach your lactation goals!**

The Nested interactive 2-hour LIVE online breastfeeding preparation class will be held on Monday evenings once a month starting in October and led by Nested instructor, [Katie Blanchette, NP and Lactation Consultant](#), who will teach AND answer your questions during this class. Our Breastfeeding Preparation class will review 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. Your registration for the class also includes access to the course Resource Guide. [REGISTER TODAY!](#)

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**Nested is excited to announce a new collaboration with Pacify.com to provide you with access to 24/7 breastfeeding, lactation, maternal and pediatric expert guidance!**

Many new parents have questions and concerns that may occur outside the office hours of their doctor(s) and/or they want readily accessible 24-hour support. When it comes to a baby's health, parents need fast answers they can trust, which is why Nested is pleased to partner with [Pacify.com](https://www.pacify.com), part of the Advantia family, to provide you with the care and guidance you need. A Pacify membership provides unlimited on-demand access to its nationwide network of maternal and pediatric experts available for consultation 24/7. If you are breastfeeding and/or pumping, and you cannot see a lactation consultant right away (which you probably need to), purchase a Pacify.com membership because they have lactation consultants 24/7 all in video--- from your smartphone. You don't even have to leave your house! Users are encouraged to connect with their providers as many times as you need, anytime, anywhere. *Be sure to use the unique promo code "NESTED" to receive 15% off your purchase!*

**PREPARING FOR YOUR BABY'S ARRIVAL:  
PREGNANCY, POSTPARTUM & COVID-19**

A Facebook LIVE Discussion  
9-30-2020 @ 12PM ET



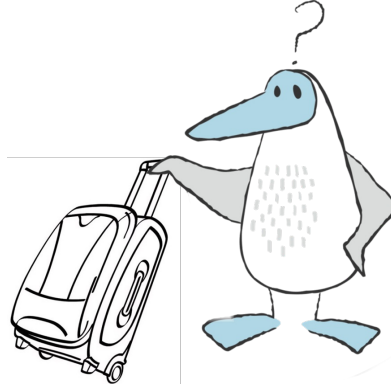
FEATURING: Dr. Heather Johnson  
Nidhi Reva, Nested LLC (NestedBaby.com)  
Emily Smith, Doulas of Capitol Hill

[WWW.FACEBOOK.COM/DOULASOFCAPITOLHILL](https://www.facebook.com/doulasofcapitolhill)

**9/30 @ 12pm ET Facebook LIVE Discussion: Preparing for the Arrival of Your Baby: Pregnancy, Postpartum and COVID-19**

Curious about how COVID-19 is affecting pregnancy and postpartum life? We hope you can join Nidhi Reva and Dr. Heather Johnson for a Facebook LIVE discussion hosted by Emily Smith, Doulas of Capitol Hill on September 30, 2020 @ 12pm ET as they share advice and information on preparing for your new baby during these unprecedented times.

[www.facebook.com/doulasofcapitolhill](https://www.facebook.com/doulasofcapitolhill)



## AND, have you seen these?...

- [Nested's Hospital Packing Checklist List for Expecting Families During COVID-19 Pandemic](#)
- [DC Area Mom Collective's](#) Facebook LIVE event on August 26, 2020 with Nested's Nidhi Reva and [Dr. Heather Johnson, OB-GYN and author](#) as they discussed women's health, childbirth education, COVID-19, pregnancy and postpartum? If not, you can [WATCH THE VIDEO OF IT HERE!](#)
- [Dr. Heather Johnson's recent guest blogs:](#)
  - For DC Area Mom Collective: [5 Things Every Postpartum Mom Needs to Know!](#)
  - For Doulas of Capitol Hill: [Provider Spotlight: Dr. Heather Johnson, OBGYN](#)

Remember, you are NOT alone on this journey of parenthood! All new parents struggle and learn as they go, even me! Earlier this year, I shared with you [my personal struggles of breastfeeding](#) each time with my daughters.

Adding a new baby (babies) to your household is a big adjustment for both new and current parents. [Nested](#) is here to provide you with [in-person and virtual online](#) childbirth and newborn care education, information and resources to prepare you for the arrival of your baby(ies) AND with reliable postpartum support and guidance, including breastfeeding preparation and lactation guidance!

Warmly,

**Nidhi & the Nested Team**

[Visit Nested Online](#)

**Stay Social with Nested!**

