



nested

NESTED LLC

**PREPARATION FOR BIRTH, BABY & BEYOND
TO BUILD HEALTHY COMMUNITIES**

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.

Drawing upon more than 2 decades of experience as a healthcare provider, public health advocate, educator and mom, [Nidhi Reva, MPH, PA-C](#) founded Nested LLC in 2017 to empower women & their families, both locally & abroad, by providing them with childbirth & newborn care education and invaluable medical & public health resources.



OVERVIEW



Nested's comprehensive, HIPAA-compliant childbirth education (CBE), newborn care & infant CPR and choking prevention (NB/CPR), 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 has successfully educated thousands of families with the highest quality of education focusing on the entire family unit. Nested now offers two American Red Cross certified classes: Pediatric and Adult CPR/Choking Prevention/First Aid/AED Education class; and, Comprehensive Babysitting Course with Pediatric First Aid/CPR/AED Certification.



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 & other networks.

5-STAR REVIEWS

Our clients are so wonderful! They email and post testimonials & photos for use on our social media as well as our website (found at the bottom of the homepage). They also post 5-star reviews of our classes on [Google](#) & [Yelp](#)!



GIVING BACK



Nested LLC also has a philanthropic mission, [Project Nido*](#), where it helps those in need in the DC area, and participates in medical mission trips overseas with the organization, Partners of Andean Community Health ([PACH](#)). PACH provides affordable health care & surgical services to the Chimborazo Province in Ecuador. Project Nido* provides free medical and dental care to the indigenous population of Ecuador.

**The word "nido" is Spanish for nest*

WWW.NESTEDBABY.COM

OUR CLASSES

All of **Nested's classes** are taught by licensed practicing medical health care providers, who adhere to a team-based approach. **Instructors** consist of physicians, nurses, a PA, an NP, a physical therapist, and doulas through our partnership with **Doulas of Capitol Hill**.



Nested curricula, offered in 3 formats -- in-person, LIVE virtual, & online VIDEO classes -- are continually updated to ensure it addresses the latest medical care and healthcare trends.

IN-PERSON GROUP & PRIVATE*

- Preconception
- Childbirth Education (CBE)
- Newborn Care and Infant CPR & choking prevention (NB/CPR)

ONLINE VIDEO WITH LIVE VIRTUAL Q&A SESSIONS*

- Childbirth Education (CBE)
- Newborn Care and Infant CPR & choking prevention (NB/CPR)

BLENDED IN-PERSON & ONLINE: GROUP & PRIVATE*

- Pediatric and Adult CPR/Choking Prevention/First Aid/AED Education Certification, an American Red Cross class
- Comprehensive Babysitting Course with Pediatric First Aid/CPR/AED Certification, an American Red Cross class

LIVE VIRTUAL INTERACTIVE*

- Breastfeeding Preparation
- Childbirth Education (CBE)
- Newborn Care and Infant CPR & choking prevention (NB/CPR)

**In-person & LIVE virtual group classes are held on weeknight evenings & weekends throughout the year; private classes are not held at the same time as group classes; online VIDEO classes are available 24/7 for one-month membership access to be viewed from the comfort of the client's home.*

THE NUMBERS TO-DATE SINCE 2017:

- 📊 +2,500 class attendees
- 📊 +275 IN-person classes: CBE, NB/CPR, and Preconception
- 📊 +40 LIVE virtual classes: CBE, NB/CPR and Breastfeeding Preparation (*created & made available as of Fall 2020*)
- 📊 +350 clients purchased access to our CBE and NB/CPR online VIDEO classes (*created & launched in Spring 2020*)
- 📊 +30 Q&A sessions for CBE & NB/CPR online VIDEO class clients only
- 📊 +15 in-person infant CPR & choking prevention refresher classes (*made available as of Fall 2021*)

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 practices as a clinician while also running Nested, Nidhi 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. She and the Nested team were able to quickly pivot from in-person classes, which had to be canceled due to the pandemic and stay-at-home orders classes, to almost immediately providing the classes virtually.

In addition, Nidhi was fortunate to be able to have access to a professional recording studio to create and record videos of the Nested classes.

Nested also created a [COVID-19 page on its website](#) comprised of useful websites and resources, including a Hospital Packing List.



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.

KEEP 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 2,500 contacts in the Washington, DC area and nationwide.



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