

WE ARE NOW OFFERING!!

- In Home Lactation Consulting Services
- Virtual Prenatal Classes
 - Baby Care
 - Breastfeeding

Email: Contact@nightnighnurse.com
Text: 732-201-3501



BABY CARE- ONLINE CLASSES AND IN-HOME SUPPORT

Babies do not come with instruction books, but there is a way to “figure them out.” Prenatal education is a great way to feel confident when heading home with your newborn. Classes cover : Newborn Appearance, Crying and Comfort, Feeding Basics, Diapering, Dressing, Health and Safety, Choosing a Pediatrician, and What to Expect in the first few weeks at home.

Once home, a Baby Care Consult will focus on ensuring your comfort in caring for your newborn. A nurse will review your baby’s appearance, health, and safety, help with your first sponge bath, answer questions regarding diapering, dressing, and swaddling, discuss feeding (not a full lactation consultation) and answer any questions or concerns you have.

BREASTFEEDING EDUCATION AND LACTATION CONSULTATIONS

While breastfeeding is natural and recommended, it is a learned skill. Prenatal preparation can enhance confidence and start your breastfeeding journey off on a smoother note.

Classes Cover: Breast Anatomy/ Milk Production
Nipple Shapes (Erect, Dimpled, Inverted)
What to expect immediately after delivery.

The first 24 hours- Intake and Output, Newborn norms
Second Day Syndrome- Intake and Output- Cluster Feeding- Challenges (increased bilirubin, latching problems)
Day 3 – Day 5 Expectations-Mature Milk Production Comfort- Challenges, Supplementation, Paced- Bottle Feeding
Pumping and Returning to Work.

An In-Home Lactation Consultation within the first few days will set you up for breastfeeding success. Focusing on proper latching, positioning, pumping, nipple care, and paced-bottle feeding. A plan of care will be developed and provided to ensure confidence post-consultation. Parents will have the ability to text for further help post-consult.

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CLASS SCHEDULE

BABY CARE

- 2/27 5:30pm-7:30pm
- 3/6- 6pm-8pm
- 4/17- 6pm-8pm

BREASTFEEDING

- 2/12- 5:30pm-7:30pm
- 3/6- 6pm-8pm
- 4/10 6pm-8pm

Meet our Lactation Consultant!



CHRISTY ABRAMS, BSN, RNC-OB, IBCLC

Christy has worked in Labor and Delivery for 14 years, provided in-hospital childbirth, baby care, and breastfeeding education for 8 years, and is currently working in the hospital as a lactation consultant on the postpartum unit.