

# Precious Beginnings

*We come to you.*

When it comes to maternal and infant care, growing families can rely on our specially-trained professional staff to ease your transition into home life. We will work with you in the privacy of your home.



## *Our services include:*

### **Lactation Consultation and Education**

***How do you know if you need our help?***

***Our Lactation Consultant will assist you if you are:***

- Confused and frustrated by breastfeeding
- Unsure that your baby is feeding well
- Experiencing pain while breastfeeding
- Not enjoying breastfeeding

***What our Lactation Consultant can do for you:***

- A Lactation Consultant is a specialist in all aspects of infant feeding. She can give you the help and support you need to enjoy breastfeeding and will work with you to resolve any problems you may face. During your consultation she will also share her knowledge about newborn behavior and infant care.

### **Infant Nutritional Consultation and Education**

***How will our consultation benefit you and your baby?***

***You will learn:***

- Infant/toddler nutritional principles
- How to best introduce solid foods to your baby
- Why nutrition is vital to maintaining your baby's health
- How to develop healthy eating habits for your infant
- Infant feeding techniques and adjustments for each stage of your baby's growth

### **New Mom Assistance**

***How can we make your life easier?***

- We know that your life with a new baby can be busy and we want to help. Our New Mom Assistance services can help you in any number of ways including:
- Meal preparation
- Shopping, errands and transportation
- Light housekeeping
- Sitter services
- Laundry

*Great gift idea for new Moms! Gift certificates are available.*

For more information on the many services available to you, please contact Palomar Pomerado Health Supportive Home Care at: **760.796.6877**