



## Smooth Transitions

Denver's Trusted Source for Baby Nurses  
and Newborn Care Specialists since 1998

### **Our Mission**

Smooth Transitions is a reliable, efficient and professional source of qualified and nonjudgmental Baby Nurses and Newborn Care Specialists in the Denver Metro area.

Our goal is to ease the process of finding short and long term in-home support that educates new parents and provides exceptional care to infants during the first 6 months after birth.

We have been committed to helping families enjoy this amazing time in their lives since 1998 and intend to continue to support them for years to come.

### **What Exactly Does a Newborn Care Specialist Do?**

A Newborn Care Specialist is an individual trained and skilled in newborn care. She provides unique expertise in all aspects of newborn care, parental education and support. Her job is to help nurture and care for newborns while providing guidance and education for the parents.

The primary role of a Newborn Care Specialist is to provide assistance and education after the parents bring the baby home from the hospital. Many times this help will include scheduling, feeding, sleep training, help with breast feeding and more.

Newborn Care Specialists will generally work night shifts managing the baby's care while the parents sleep restfully. When the baby wakes up, the Newborn Care Specialist feeds by bottle or brings the baby to the mom for nursing. After feeding, the baby is burped and changed and put back to bed.

During the daytime a Newborn Care Specialist will provide similar care and also strive to create a nurturing and stimulating environment for the baby during waking hours. Both day and night Newborn Care Specialists document the baby's patterns and keep a log of sleeping, feeding and changing times to assist in transitioning the baby to a regular schedule.

Newborn Care Specialists are generally not responsible for household duties unrelated to the new baby or for the care of other children in the household.

### **Our Philosophy**

Our Baby Nurses and Newborn Care Specialists strive to provide a nurturing environment in your home so that you can relax, connect with your infant(s) and be confident in your parenting.

They will NOT have their own agenda but can offer an objective opinion when asked. They know you are capable of making decisions regarding the wellbeing of your family and will provide support in whatever way they can to promote the healthy growth and development of you and your infant(s).

44 Cook Street, Suite 100 · Denver CO · 80206  
(303) 635-0979 or [info@smoothtransitions.net](mailto:info@smoothtransitions.net)  
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### **The Process**

Ideally, you should contact us three to four months prior to your due date, especially if you are expecting twins or triplets. That will give everyone plenty of time to complete the process in a way that is the least stressful and the most thorough. If you are due much sooner than that or you have already delivered, it is still possible to place a Baby Nurse or Specialist in your home but please contact us as soon as possible so we can do our best to get you the care you need.

### **The First Step is Up to You**

If you are thinking about using our service or just have a few questions you need answered before you decide, please give us a call or send us an email. A Smooth Transitions Representative will respond as quickly as possible to your phone call or email and be available for more detailed conversations about what we may be able to do for you and your family.

### **We Come to You to Determine What You Need and Want**

After we have made an appointment, a Smooth Transitions Representative meets with you and your family in your home. This is an opportunity for you to find out more about our services and for us to help you determine what you are looking for in a Baby Nurse or Newborn Care Specialist. If you are unsure about how much care you will require we are happy to help you evaluate your needs. This meeting will usually last between 1/2 hour to an hour.

### **Our Providers Come to You to Discuss Your Needs**

Once we know your needs, we will recommend a potential candidate and forward their resume for your review. If you think they are a good match we will set up an interview in your home. If the candidate meets with your approval we will supply you with references to help you make a final decision. If you need more help than one Baby Nurse or Newborn Care Specialist can offer we will repeat the above process until you select an appropriate amount of help.

### **We Handle the Details for You**

Once an agreement is reached as to what amount of care is needed and for how long, we will email you a detailed agreement and payment options form that will require your signature and payment information. When we have received your signed paperwork, we handle all scheduling and coordination so that you don't have to worry about the details.

### **When Your World Changes, We'll be There for You**

Contact as soon as you know the delivery is near or when you know your care will need to start. We will contact the Baby Nurse(s) and Newborn Care Specialist(s) you have chosen and give them all of the necessary information. We will then contact you to confirm everything is set up and ready to go so you won't have worry.

Once care has begun, we will contact you periodically to evaluate how things are going, answer any questions you have and make sure that the schedule and provider are working out well. If adjustments need to be made, we will work with you to make any necessary changes in the least stressful way possible.

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### The Details

Our goal is to make the payment process as easy as possible so we offer a number of payment options and are more than willing to work with you to accommodate your payment preferences. The total hours and time of day we assist your family is completely up to you but we have a minimum of 4 hours for a daytime shift and an 8 hour minimum for an overnight shift. Our rates are the same regardless of the time of day/evening care is provided. We gladly accept Mastercard, VISA, American Express, and PayPal.

### Our Regular Rates

Newborn Care Specialist (per hour):

Singleton - \$21

Twins - \$26

Triplets - \$29

Registered Baby Nurse (per hour):

Singleton - \$31

Twins - \$36

Triplets - \$39

Lactation Consultation (fixed rate)      \$150

### Our Discounted Prepaid Rates

Newborn Care Specialist (per hour):

Singleton - \$20

Twins - \$25

Triplets - \$28

Registered Baby Nurse (per hour):

Singleton - \$30

Twins - \$35

Triplets - \$38

### Our Services May Be Tax Deductible

The Child and Dependent Care Credit is a percentage, based on your adjusted gross income, of the amount of work-related child and dependent care expenses you paid to a care provider. For more information, please consult your tax preparer/accountant or the Internal Revenue Service (refer to Publication 503, Child and Dependent Care Expenses).

### Why Choose Smooth Transitions?

- We specialize in providing care during the first 6 months only.
- Our care is flexible, customized and adjustable to fit your needs.
- You will never be charged for care you do not receive.
- Our rates are the same regardless of the time of care.
- We provide care in YOUR home.
- We do not charge a 'finder's fee' or 'service fee' to use our service.
- Our Baby Nurses and Newborn Care Specialists do NOT come into your home with their own agenda.
- We always provide a back-up provider that you have interviewed and approved when you schedule with us.
- We take care of payment and tax paperwork.
- We help you determine what your needs might be.

Would you like to learn more about how we can help you? Just give us a call at 303.635.0979 or send us an email.

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