



# rayzel. ★ ★

Rayzel is our baby-listener on our Mother Me team. Rayzel is comfortable and competent with soothing babies, changing diapers, burping techniques, swaddling, sterilizing, warming up EBM. Aware how long EBM and formula can stay out when prepared and to dispose of left over EBM and Formula. Aware how much should baby feed appropriate for age and weight.

She is competent, charming, industrious and down to earth with great common sense. She is a great asset to Mother Me.

#### **Certifications**

*Mother Me Doula Training:*

- (1) PPD
- (2) Nestle - Baby's First Days
- (3) Harvey Karp - Happiest Babies
- (4) Keeper of the Rituals
- Infant CPR
- Criminal Record Check

#### **Client Feedback**

*"Our doula Rayzel was the best hands on help with our triplets! She managed to keep up with their feeds, changes, burps and getting them back to sleep while we were able to get much needed rest."*

*"Rayzel was a great fit for our family, I was able to get the sleep I needed to recover knowing our baby was cared for through the night."*