



What is a Cleo Guide and what do I go to them for? Your guide to your Cleo Guide from expecting through your baby's first birthday

Preparing for life with a newborn and bringing your little one home brings a lot of never ending questions and there are thousands of places to find answers. **Let Cleo be your Guide and go-to.**

What is a Cleo Guide? When you enroll in Cleo, you are paired with a Cleo Guide (a real person!) who will be there to support you along the way. You are encouraged to message your Cleo Guide at any time with questions! Cleo Guides range from doulas, lactation consultants, to nurse midwives, sleep coaches, and more. They all have extensive experience working with families like yours and are specialists in the issues and challenges you may face.

“

What should I do for daycare? How do I find the right option for my family?

How do I tell if my baby is teething?

What, and how much should I feed my baby?



Your Cleo Guide

When will my baby no longer need to be fed at night?

What is sleep training and how do I do it for my child?

What is a good sippy cup recommendation?

”

Cleo helps families better balance family, health, and work. Your personal Guide is there to support you at every step along your parenting journey. Cleo directs parents to the best possible healthcare decisions, promotes healthy behaviors, and proactively supports families at critical - and everyday moments - in the parenting journey. All available to families at their fingertips through an easy-to-access intuitive mobile app. **It takes a village. Consider Cleo yours.**

Download the Cleo app and
meet your Guide today.

