



# We're here for you. How Cleo offers postnatal support.

Cleo is here to support you and your family during all the ups and downs of your baby's first year. Cleo can help with **newborn care, infant feeding, sleep, returning to work, emotional wellness**, and much more. Our team includes birth and postpartum doulas, lactation consultants, sleep and career coaches, and other certified practitioners.

## Topics that can be discussed with your Cleo Guide include:



Your Cleo Guide

- Lactation and infant feeding, including transition to pumping, bottle feeding, formula, and solids
- Sharing household and caregiving responsibilities with your partner and/or loved ones
- Creating a return-to-work plan
- Postpartum depression and emotional wellness
- Setting healthy sleep habits and sleep training
- Understanding development milestones
- Managing family dynamics and behaviors of older siblings
- Sourcing and setting up reliable childcare
- Integrating parenthood with your workplace responsibilities
- Virtual infant care classes & CPR training

Cleo support is unique and personalized for your family, referring you to experts who can support your child beyond a doctor, or connecting you to other families who are facing similar challenges. **We are here to help.**

Download the Cleo app and  
meet your Guide today.

