

# POSTPARTUM CLIENT REFERENCE PACKET

DANYALE WASHINGTON

*Certified Postpartum Doula, Certified Sleep Consultant,  
& New Parent Educator*



This packet is to provide prospective clients with reference letters from previous families to get a sense of how I have supported them as well as insight into what our time together will look like.

I understand the importance of creating a nurturing and supportive environment for new families during the postpartum period. By offering my experience, guidance, and care, I aim to assist in easing the transition into parenthood and providing the necessary support for each family member.

It is my ultimate goal to be a pillar of strength, a source of comfort, and a reliable resource for the families I have the pleasure of supporting as they navigate this new chapter in their lives. Together, we can work towards achieving your family's unique goals and ensuring a smooth and memorable postpartum experience.

# WELCOME

# HOSELTON FAMILY

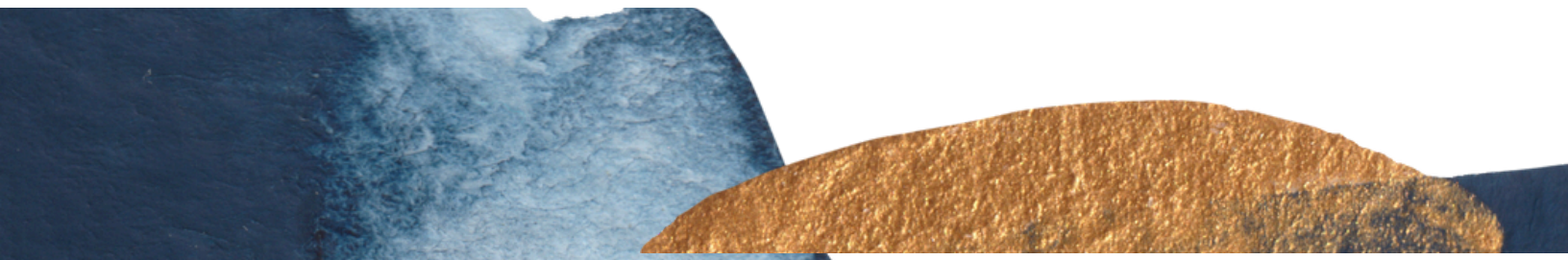
March-April 2024

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To whom it may concern:

Danyale came into our home at 2 weeks postpartum several nights a week and she provided a great deal of relief and comfort during that time. We interviewed several candidates and her calm "I've got this" demeanor really set me at ease. She came in on time with a smile and confidence every time. Getting a break and proper rest during the newborn phase is so important to feeling whole. I would highly recommend her services to family and friends in need in the future.

Thanks,  
Emily Hoselton  
312-320-3212



# PRICE/COAN FAMILY

December 2023-March 2024

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To the lucky folks interested in working with Danyale,

As first-time parents, Danyale's warmth and confidence enriched our journey. She's incredibly punctual, communicative, and deeply empathetic. She willingly shared her vast experience without ego and collaborated with us every step of the way! She understood how to support our dynamic needs as a new family, which alleviated any anxiety. She showed initiative when decision fatigue set in after our return from the hospital.

Danyale frequently checked in on our goals to nurture ourselves so we had enough energy to show up for our newborn. She ensured I'd have minimal disruptions when I needed to prioritize sleep. For instance, she would coordinate bringing my pump parts to my bedroom door and retrieve them once I was done. She also regularly updated us on our baby's progress towards goals like bottle-feeding and getting quality sleep.

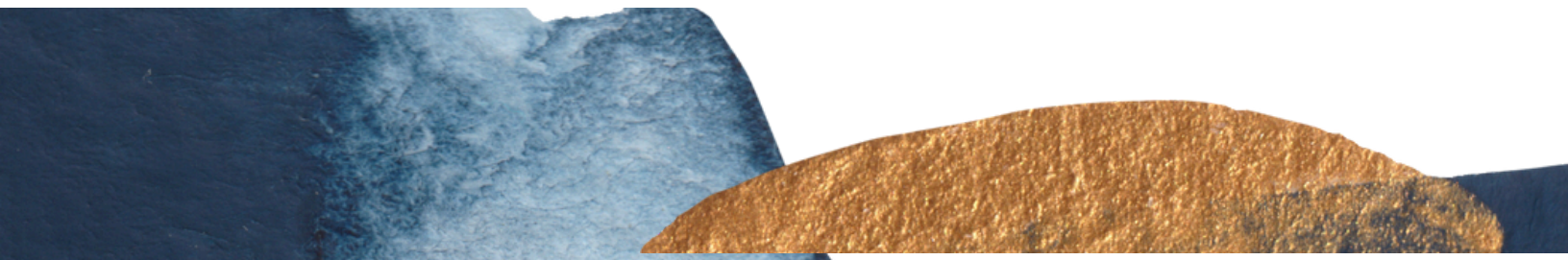
Danyale also provided me with emotional support throughout my postpartum and breastfeeding journey. She consistently reminded me to be kind to myself and offered much-needed reassurance when I found it challenging. There's no judgment in her approach to postpartum care.

We absolutely adored working with Danyale and would do so again in a heartbeat.

Warmest,

Mariah Price & John Patrick Coan

price.riah@gmail.com



# MOREY FAMILY

August-October 2023

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Danyale was our postpartum night doula a couple of nights a week for 8 weeks when we welcomed our second child in September/October 2023. I can't say enough good things about her. I felt so comfortable and supported having her around. I knew after my first child how important sleep was to my mental health and she was truly a God send. She has a very nurturing personality and made me feel like she was there for me as much as she was for the baby. She is a great resource for troubleshooting feeding and sleep, as well as navigating new sibling relationships and any weird postpartum experiences.

I really loved that she took the time to have multiple video interviews together, as my husband was originally skeptical about having a "stranger " in the house while we were sleeping. She also came to the house for a meet and greet before the birth to learn the lay of the land and meet my older child so it wouldn't be a surprise if she came across her in the middle of the night. The packet she provided to help us get ready for postpartum was something I wish I had had with my first- very helpful to think through details ahead of time.

She'd do laundry and dishes as well as all the bottles and pump parts on top of snuggling and caring for our baby.

Honestly she'd be one of my first calls to get in her schedule if we choose to have a third! She is worth every penny.

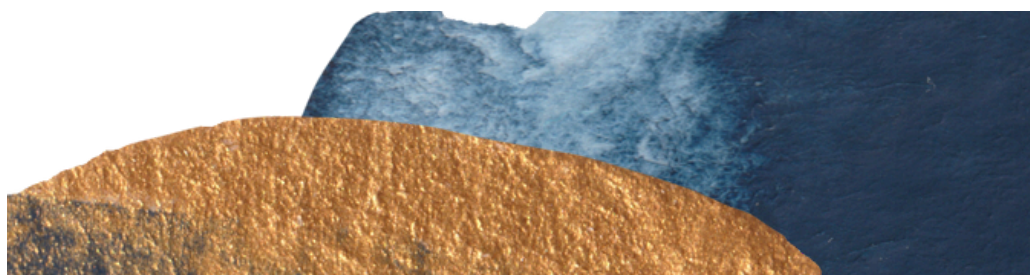
Happy to answer any specific questions you have or get further into the details of our experience if you would like. We can connect via email at [sarahmorey18@gmail.com](mailto:sarahmorey18@gmail.com) or on my cell (440) 821-1013.

Best wishes,

Sarah



Sarah Morey  
Client from Fall 2023



# ESLINGER FAMILY

July-August 2023

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During the summer of 2023, our family worked with Danyale from Chicago Family Doulas following the birth of our second child. My parents and sister's family had been incredibly kind to gift us payment toward child care help and after doing some research, I came across postpartum doula services. My only regret is that I hadn't heard about or found this concept sooner. Having experienced the fourth trimester with and without this support, it's been night and day.

We had the opportunity to meet Danyale prior to the birth of our son through a Zoom meeting and exchanged a number of text messages before she started the assignment in our home. During all of our interactions, she immediately made us feel comfortable. After we made the decision to move forward, Danyale wasted no time in reaching out to clarify our scheduling preferences and remained flexible. From the start, we felt like she was someone we could easily make friends with outside of the working relationship.

Since my husband had a limited paternity leave and our 3 year old was home from preschool for summer vacation, we ended up enlisting daytime help twice per week so I could have an extra set of adult hands. I appreciated that Danyale always brought a "can do" attitude and was adaptable in tackling whatever tasks needed to be accomplished for the day. Her assistance made staying on top of daily household chores (ex: laundry, meal preparation and cooking, washing dishes, and light cleaning) far less stressful and freed up more of my time for my children. Her presence allowed me to go to follow-up doctor appointments for both myself (related to postpartum preeclampsia) as well as pediatrician visits for my newborn son (without having to drag my toddler along). Danyale's warm and kind personality made it easy for our daughter to quickly warm up to her. During the adjustment to having two children, I found her guidance helpful as she both facilitated and modeled interactions between our newborn and toddler. She answered any concerns or questions with honesty while bringing a positive, yet real perspective toward life and parenting. One of Danyale's greatest strengths was anticipating what needed to be done without being told, which took some of the mental load off me as a mom. She was also a great listener, who made it a point to remember details. We also appreciated the assistance we received from her during a night shift once per week, which allowed us to catch up on rest.

Danyale truly went above and beyond to make our lives easier during the transition from one to two children. She brought such a calming and reassuring presence during a time full of changes for our family. We miss having her presence in our home and are forever thankful for her assistance during the first weeks of our newborn's life!

*Emily Eslinger*

(630) 880-6350

familieslinger@gmail.com



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# NEXT STEPS



*Thank you!*

If you are ready to proceed, please feel free to contact me via [email](#) or [phone](#) to begin the contract process and secure your slot.

I eagerly anticipate our discussion and am thankful for the chance to assist your family!



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