

ROADMAP OF 4TH TRIMESTER/ POSTPARTUM CARE

Welcome and Congratulations!

Being a parent is a journey. Postpartum now known as the 4th trimester recognizes that moms need support as much as babies.

This roadmap gives guidelines in what to expect not only for baby but also for moms and dads/partners. This roadmap gives **you permission** to recognize the healing, learning, and vast changes that occur after a birth of your little one and YOU!

The information is divided in 6 parts, covering breastfeeding to normal baby signs. It is intentionally placed on one page to recognize that nothing happens in a vacuum.

These are only guidelines and does not replace medical advice from your providers. If any concerns, reach out for medical attention. *By accessing this you are acknowledging this doesnot replace medical advice and when in doubt always reach out to your provider. If need additional help, email us at concierge@nayacare.org.

Dr. Patel , Mom of 4 boys



1

Mom & Baby



2

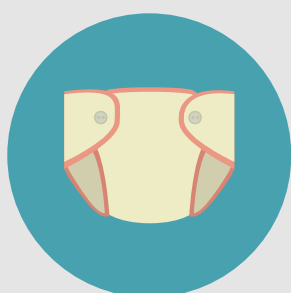
Dads/Partners & Baby



3

Breastfeeding

Newborn Stomach Size Depicted Via Pictures.



4

Diapers

Pees:



Poop:



5

Moms Health



6

Normal baby signs

DAY 1 OF BABY

Congratulations!

And suddenly, you were my everything.



1

GOLDEN HOUR

Purpose of the Golden hour through breastfeeding is to promote skin to skin contact, breastfeeding, and stabilizing your nervous system! The breast crawl is the most biological method to breast feed. If having issues with breastfeeding, just revert to the breast crawl. Video of breast crawl. [The First Latch.](#)



2

PLATINUM HOUR

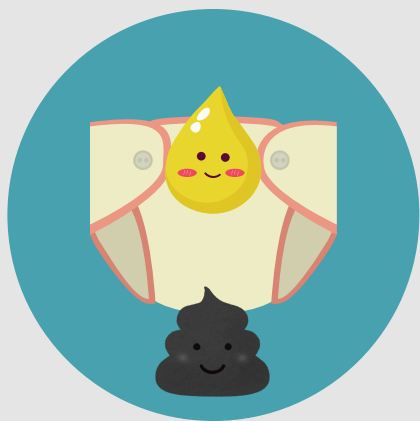
Dads/Partners should also get one hour skin to skin with their baby. This hour helps to solidifies a partners' bond. After the platinum hour, then inform the world of your new family. Once you let the world in, they never leave!



3

BREASTFEEDING GOALS

Babies only need 5-7 ml of breastmilk per feed due to they size of their stomach, a cherry! Knowing this, take the pressure off breastfeeding. Focus on learning the latch and partnership between you and your baby. Use the lactation resources availabe to you or contact us for help!



4

DIAPER & STOOL COUNT

1 wet diaper in 24 hours. Boys are guilty of peeing right after birth and this counts as well. Stool: dark and tarry. One to multiple.



5

WHAT SHOULD I DO

Take the opportunity to rest. You deserve it! You just birthed a human!



6

NORMAL BABY SIGNS

Right after birth, babies are alert and wide wake. Gradually during the day, they become more sleep. Birthing is hard on them too! Ensure feeds every 3 hours and count of pee/poop diapers. If concern that your baby is not waking up, notify medical staff immediately.

DAY 2 OF BABY

Congratulations!!

Ten tiny fingers, ten tiny toes, a brand new life to love and hold.



1

SKIN TO SKIN

Continue just holding your baby. It helps promote breastmilk and just feels good.

2

PARTNER & BABY

With all the chaos of fielding phone calls and helping your partner, take 15-30 minutes just holding your baby. If your baby is alert, lean back some. You will notice your baby lifting their head to your voice. **This is tummy time!**



3

BREASTFEEDING GOALS

Babies need about 10-15 ml per feed. Think a bigger cherry! Challenges of day 2 include pain from the birthing process. Oxytocin released in breastfeeding also helps promote uterus contractions causing pain. Pain should feel like a bad period if anything beyond seek medical care immediately. Tylenol and Ibuprofen are safe in breastfeeding. Continue working on the latch and bonding. Questions about medication and breastfeeding, start with Naya!



4

DIAPER & STOOL COUNT

2 wet diaper in 24 hours. Stool: dark and tarry, might be changing to dark green. One to multiple.



5

WHAT SHOULD I DO

Pay attention to your body. Excessive pain, bleeding, headaches, nausea, vomiting or any other concerns, advocate for your health and notify your provider. Challenges for today include the first bowel movement that might feel like you are having another baby. (ugh!)



6

NORMAL BABY SIGNS

Babies can have different and weird pattern of breathing from rapid, shallow to pauses. One rule of thumb is to look inside their mouth and tongue. If pink, moist and baby appears comfortable, monitor. If any concerns, contact a medical provider immediately. Babyies' at 24 hour get evaluated for jaundice, metabolic, heart and hearing screens.



DAY 3 OF BABY

Congratulations!!

Such a big miracle in such a little bundle.



1

BABY & ME

Continue just holding your baby. It helps promote breastmilk and just feels good.



2

PARTNER & BABY

Hold your baby on your chest. You will notice at times that your baby lifts his/her head in response to your voice. Again, **this is tummy time!**



3

BREASTFEEDING

Challenges might include your milk not coming in due to IVFs or medical issues. Also your nipples will start to get sore. Continue breastfeeding 2-3 hours to promote milk for coming in and apply nipple cream to your nipples. Treat nipples like extreme chapped lips. Size of newborn stomach: walnut!



4

DIAPER & STOOL COUNT

3 wet diaper in 24 hours. Stool: dark green to greenish. One to multiple. Stool changes color because the body is getting rid of the yellow jaundice. Back to preschool, when you keep adding yellow to dark black/tar you get progress from green to yellow.



5

WHAT SHOULD I DO

Hydration is a must but also adding electrolytes to your water once a day. Add electrolytes via any packets you like, coconut water with electrolytes, or any zero sugar drink such as Gatorade Zero.



6

NORMAL BABY SIGNS

Sneezes and hiccups are normal. Pet owners, newborn sneezes are not a sign of allergies (pewh!)

DAY 4 OF BABY

Congratulations!!

You are our sun, our moon, and all of our stars.



1

BABY & ME

You are doing amazing! Just holding your baby skin to skin (sounds like a broken record) is actually the best thing for you, your recovery, and your baby.



2

PARTNER & BABY

Sun bathing! Baby can benefit from 10-15 minute sun exposure a day. Sun exposure promotes Vitamin D and helps get rid of jaundice. After a good feed, pick a place in your home that gets good filtered sunlight. Strip your baby down to a diaper, hold your baby skin to skin, and expose them to filtered sunlight. **Do not exceed 15 minutes per day!** Oh, this is tummy time too!



3

BREASTFEEDING

With you milk comes in, you will feel engorged. Dealing with engorgement is common. Ibuprofen/acetaminophen can help with the discomfort. Expressing milk every 2-3 hours either via direct nursing or pumping to relief can help. Don't hesitate to reach out to lactation specialist or us! Breastfeeding was always a community effort, why are you doing it alone?



4

DIAPER & STOOL COUNT

4 wet diaper in 24 hours. Stool: light green to specks of yellow. One to multiple.



5

WHAT SHOULD I DO

You need to eat! There are times that you will not feel the need to eat but your body is on overdrive with healing and providing nutrition for another. Every time you breastfeed you need to eat and drink. Snacks and water are a staple. Leave snacks and water bottles around the house for easy access.



6

NORMAL BABY SIGNS

Might have days and nights confused. Babies world has been the womb in which they have been lulled all day with busy mamas. Keep promoting bright days and quiet nights. Red light bulb at night can help too.

DAY 5 OF BABY

Congratulations!!

Loved before you were born, cherished from the moment you arrived.



1

BABY & ME

The best thing for you and your baby is for **YOU** to keep hydrated and eat. Correlate your drinking and eating with your baby. When they eat, you eat and drink. Keep a water bottle in the bathroom (a place you visit frequently) as your back up.



2

PARTNER & BABY

Continue sun bathing as indicated in Day 3. Remember not to exceed 15 minutes in a day. Time it with Dr. Patel's Prolatin Naps, (See below.)



3

BREASTFEEDING

Breastfeeding history shows us that breastfeeding was a community effort with new moms surrounded by their sisterhood. Breastfeeding is also the first time you parent and teach your newborn a skill. Breastfeeding takes time just like any skill, (actually 6 weeks to master.) Also it **YOUR JOURNEY**, define it the way you want! Need to bounce off ideas, connect with [Dr. Patel through her FREE Consultations!](#) Stomach size: lime.



4

DIAPER & STOOL COUNT

5 wet diapers. Stools: yellow greenish to bright yellow seedy. One to multiple.



5

WHAT SHOULD I DO

Dr. Patel's Prolactin Naps to Protect Your Mental Health are a must! Biologically, prolactin in the afternoon is low and makes you tired. Feed your newborn, then give your baby to your partner or support person, and then go take a nap!



6

NORMAL BABY SIGNS

Gas and farts are common. Babies gut is adjusting. Adding probiotics to breastfeeding can help.

DAY 6 OF BABY

Congratulations!!

Tiny hands, big dreams, endless love.



1

BABY & ME

Honestly, its ok to just stare at the miracle you have created. Remember to eat and drink everytime the baby eats.



2

PARTNER & BABY

Infant stretches can be great to incorporate. Successful sessions is when baby is alert and fed. Sessions last 5-10 minutes at most. Gently extend legs and arms from their natural flex position. Hold for 5 seconds, repeat 4 times alternating limbs. Check this out for infant massage: [Infant Massage](#). Coconut oil or Olive oil works great for massage.



3

BREASTFEEDING

A baby sign of full is their fist, becoming a gauge. When they wake up, they have clenched fists. When they are half full, their hands relax to elbow. When they are completely full, their hands limp to their sides and hands are open. Stomach size: apricot.



4

DIAPER & STOOL COUNT

6 wet diapers. Stools: yellow seedy, one to multiple.



5

WHAT SHOULD I DO

Sitz bath!* In a clean tub, fill 3-4 inches of warm water. Add 2 cups of Epsom salt to the tub water. Soak your perineum for 15-20 minutes. Pat dry when done. *Get OB provider clearance first.*



6

NORMAL BABY SIGNS

Babies have spit ups and gas. For spit ups, hold baby upright for 5-10 minutes after a feed. Any concerns regarding color or forceful spit up, contact your provider. For gas, you can try adding Little Remedy/Simethicone gas drops.

DAY 7 OF BABY

Congratulations!!

The smallest feet make the biggest footprints in our hearts.



1

BABY & ME

Give your baby a sponge bath. Remember to get the creases. For nails, filing is safest at this age. Also baby socks make great mittens. Coconut oil or olive oil is great substitute for lotion. Any other lotion make sure its fragrance and dye free.



2

PARTNER & BABY

Snuggling, infant stretches and sun bathing! No need to add anything additional. Enjoy your bundle.



3

BREASTFEEDING

As soon as you feel like a pro, babies go through growth spurts in which they are always hungry. Growth spurts are a biological way to increase your supply. They usually last 48-72 hours. They are exhausting. Nurse when the baby demands it. Keep you on your nutrition and hydration. Stomach size: apricot.



4

DIAPER & STOOL COUNT

7-8 diapers, Yellow seedy stools, one to multiple.



5

WHAT SHOULD I DO

Growth spurts are tiring. You will feel exhausted. It's OK to supplement with pumped breastmilk to give yourself a break. You are doing amazing!



6

NORMAL BABY SIGNS

Growth spurts are a biological way of increasing your milk supply. Babies act starving for 48-72 hours, and then sleep longer stretched thereafter. This is normal.

GROWTH SPURTS

Congratulations!!
You are learning so much!

KEY SIGNS:

1. Intense Hunger & Frequent Feeding (Cluster Feeding)
 - The Sign: Your baby suddenly wants to nurse or take a bottle far more frequently—sometimes every 30 to 60 minutes. They may seem unsatisfied after a full feed or wake up hungry earlier than expected.
 - Why it happens: In breastfed babies, constant nursing is a biological mechanism to signal the mom's body to increase milk supply. Formula-fed babies will simply demand larger quantities or more frequent bottles to meet their temporary rise in caloric needs.
2. Shift in Sleep Patterns
 - The Sign: Sleep changes can happen in one of two directions:
 - Sleeping more: Some babies nap longer or sleep heavier stretches right before or during a burst of growth.
 - Waking more often: Others wake frequently throughout the night due to intense hunger.
 -
3. Increased Fussiness & Clinginess
 - The Sign: Your baby may be unusually cranky, harder to soothe, or exhibit heightened clinginess, wanting to be held constantly.
 - Why it happens: Rapid physical development can be exhausting and slightly uncomfortable for a baby, leading to general irritability.
4. Outgrowing Clothes / Visible Growth
 - The Sign: You suddenly notice that footies or onesies that fit a few days ago are now tight, or their overall weight feels noticeably heavier.

COMMON TIME LINE:

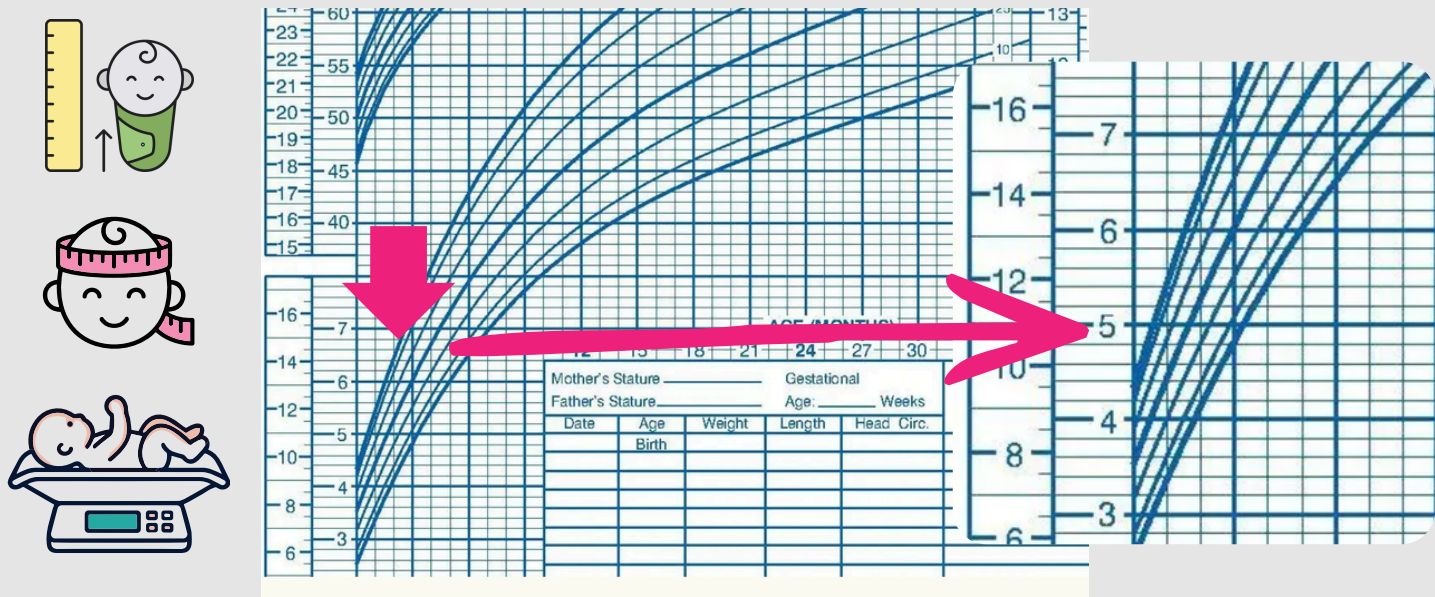
While every baby develops on their own schedule, common windows for early growth spurts include:

- 7 to 10 days old
- 2 to 3 weeks old
- 6 weeks old

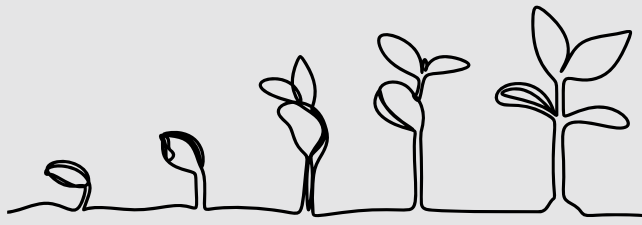
This is why it takes 6 weeks to master breastfeeding and stabilize your supply. You are constantly challenged in breastfeeding!

SCIENTIFIC DATA:

Scientific data is revealed in your baby growth charts. Going back to Algebra, the steeper the slope of line, the faster its rise. When you look at a growth chart you see that in the first three months from birth, the slope of the line is the steepest and rises the fastest. This is why your baby always seems to be eating or sleeping, and the pattern constantly changing. You are not doing anything wrong. You know understand your baby!



GROWTH SPURTS



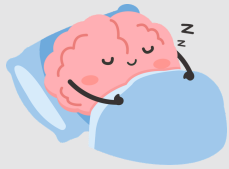
HOW TO MANAGE:



Feed on Demand: Offer the breast or bottle whenever your baby shows hunger cues. Do not worry about overfeeding during a 2-3 day growth spurt. Formula fed babies also go through growth spurts!



Prioritize Hydration & Nutrition: Extra nursing drains energy; keep water and calorie-dense snacks nearby.



Rest When Possible: Accept that routine might fall apart for 48-72 hours—tag-team with a partner or loved one to take breaks. Dr. Patel's Prolactin Naps are a must! Protect your mental health.

WHEN TO CONSULT YOUR PEDIATRICIAN:

Growth spurts are temporary. If intense fussiness, low urine output (fewer wet diapers), or sleep disruption persists for more than 5 to 7 days, or if your baby shows signs of illness (such as a fever or lethargy), check in with your pediatrician to rule out other medical issues.

YOU ARE IN YOUR BABY ERA!



Snug and Sweet: Baby Apparel for Cheeky Parent!

Available at www.naya-app.ai

DAY 8-14 OF BABY

Congratulations!!

Little one, you are so deeply loved.



1 BABY & ME

You have learned so much already! This week is continuation of growth spurts and the first one is very challenging because you still are recovering. Your goal this week is just to go with whatever flow comes your way.



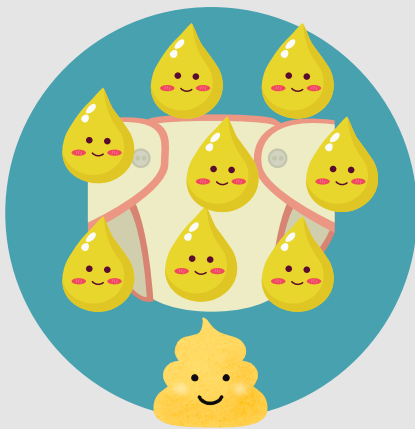
2 PARTNER & BABY

Understanding growth spurts will help support mom and baby. Your baby will be attached to the mom, so do feed and hydrate mom.



3 BREASTFEEDING

Growth spurts are so exhausting that we have made a whole infographic for them! Stomach size: plum. Breastfeed babies need extra Vitamin D. I recommend adding it to mom's supplements for two reasons: 1) Its is easier to remember 2) it supports mom's physical and mental health. Moms need to take a total (including prenats Vit D) 6400 IU- 8000 IU.



4 DIAPER & STOOL COUNT

7-8 diapers, Yellow seedy stools, one to multiple.



5 WHAT SHOULD I DO

Supplements to help your physical and mental health recovery:

- 1) Prenatals/Postnatal
- 2) Vitamin D: 6400 IU - 8000 IU (including the amount in prenatal/postnatal).
- 3) Magnesium (Citrate/Glycinate) 250mg-400mg.
- 4) 10-15 minutes in the Sun.

6 NORMAL BABY SIGNS

Growth spurts are a biological way of increasing your milk supply.



WEEK 2 OF BABY

Congratulations!!

You are our greatest adventure.



1

BABY & ME

Time for a newborn bath (if you want). Ensure the stump has fallen off and then you can give your baby a bath. Use hypoallergenic products. Make sure the environment is warm too.



2

PARTNER & BABY

Conduct the first bath. Be ready with a towel! Babies coming out of a warm bath do not like the cold air.



3

BREASTFEEDING

Growth spurts rev up the breastfeeding system. After a baby has gone through a growth spurt, you might feel full after feeds. Pump and store for later if feeling full.



4

DIAPER & STOOL COUNT

7-8 diapers, Yellow seedy stools, one to multiple. Might have a greenish stool. Stool color that need medical attention are clay, white, dark red, or bright red.



5

WHAT SHOULD I DO

First homework assignment: Conduct a coffee/ice cream/treat date with your partner this week. It can be done outside the house, your backyard, or on your coach. Reconnect for 15-20 minutes. This is foundation you started your family on. Cherish the few stolen moments.



6

NORMAL BABY SIGNS

Babies guts are maturing, causing them colic, gas, and crying fits. Moms always blame themselves and their breastmilk. PURPLE CRY is in full force (next page). Gripe water, gas drops, and probiotics can help.

PURPLE CRY

Congratulations: Its not you, its the babies.

WHAT IS IT?

A normal developmental phase in healthy infants characterized by prolonged, inconsolable crying that peaks around two months of age and resolves by three to five months.

WHY?

To torture parents. 🧐 Scientifically, its a stage of early neurological and behavioral development. And not a true single cause but several factors.

KEY CAUSES:

1. Immature Nervous System & Overstimulation

Newborns are born with rapidly developing nervous systems. Throughout the day, their brains take in a overwhelming amount of new sensory information (lights, sounds, textures, feeding, digestion). By late afternoon or evening, their immature nervous system becomes overloaded, leading to prolonged crying as a biological release valve.

2. Transitioning Outside the Womb

In the womb, babies experienced constant warmth, dark surroundings, steady background noise, and continuous movement. Adapting to the outside world—where temperature fluctuates, lights are bright, and sensations change constantly—requires a massive adjustment that can trigger fussiness.

3. Maturing Digestive System

A newborn's gut is still developing. As they process milk, learn to coordinate swallowing air vs. burping, and pass gas or stool, normal intestinal contractions can feel overwhelming or uncomfortable, prompting intense crying spells even when there is no actual illness or physical harm.

4. Limited Communication & Self-Soothing Skills

In the first few months, crying is a baby's sole method of communication. Because they haven't yet developed the neurological tools to self-soothe (like sucking their hands consistently or self-regulating stress hormones), they rely entirely on external comfort—and during this phase, even soothing attempts can temporarily fail.

PURPLE CRY: THE ACRONYM

- **P**eak of crying (begins around 2 weeks, peaks around 6–8 weeks, and improves by 3–5 months).
- **U**nexpected (starts and stops for no clear reason).
- **R**esists soothing (may continue despite being fed, changed, and held).
- **P**ain-like face (babies look like they are in pain even when they are completely healthy).
- **L**ong-lasting (can last up to 5 hours a day or more).
- **E**vening (most concentrated in the late afternoon/evening).

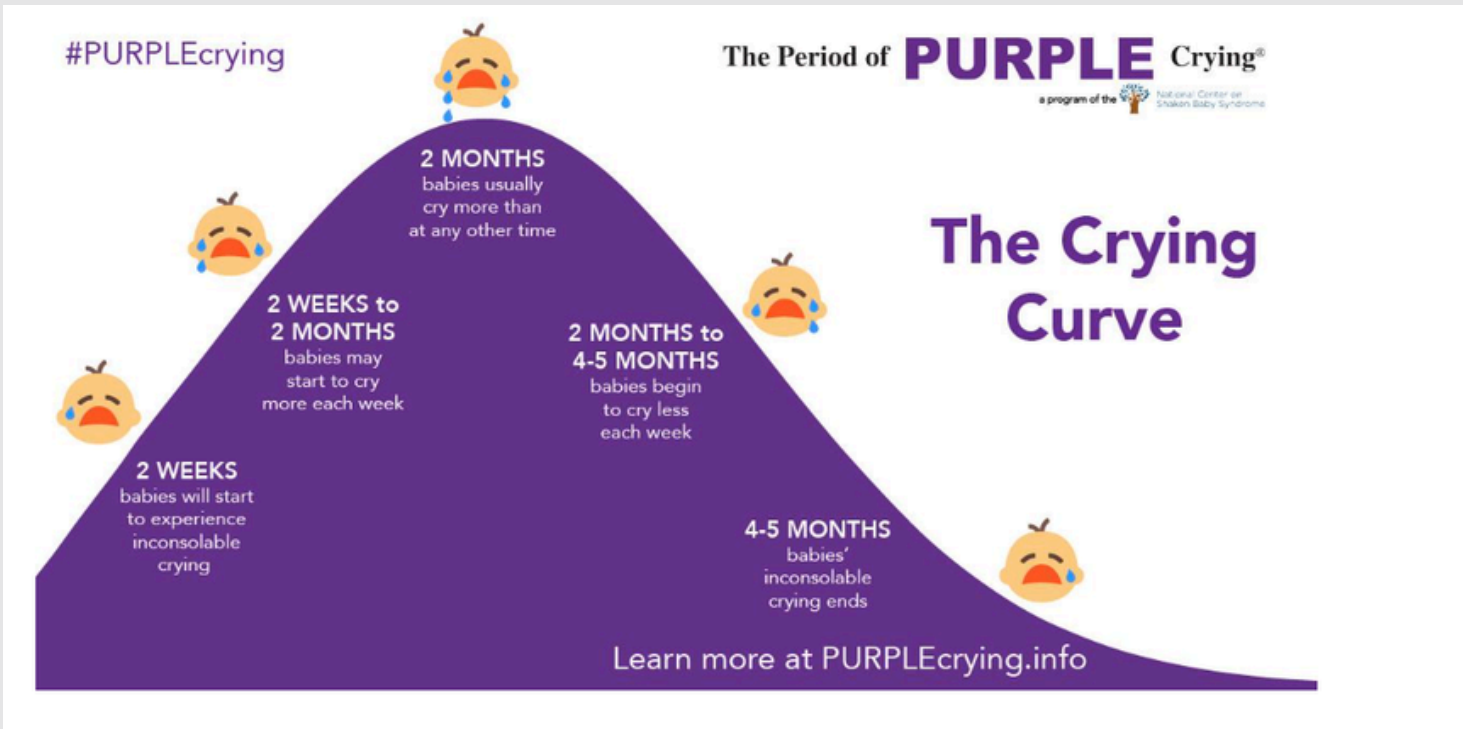
WHEN TO CONSULT YOUR PEDIATRICIAN:

Consult your pediatrician if your baby develops a fever (especially if under 3 months), shows signs of breathing difficulties, or becomes unusually lethargic and hard to wake. You should also seek medical advice if they have fewer than 6 wet diapers in 24 hours, experience persistent vomiting, pass abnormal stool (white, black, or red), or if severe fussiness and sleep disruption persist for more than 5 to 7 days.

When in doubt: Always trust your instincts. If something feels off or your baby just doesn't seem like themselves, it is always best to call your pediatrician's office for guidance.

PURPLE CRY

In Pictures



Credit: Parents / Cindy Chung



NORMAL CRY VS PURPLE CRY VS COLIC

People try to explain this difference but in all honesty this is an individual conversation between your pediatrician about your baby. All answers cannot be found on the internet or this infographic. We encourage you to take this knowledge and your insights about your baby and have the conversation. Also don't forget [Dr.Patel Office Hours \(ie Free Consultations!\)](#)

WEEK 3 OF BABY

Congratulations!!

The most beautiful magic in the world is right here in my arms.



1

BABY & ME

You have probably noticed a developing pattern with your baby with more wakeful/play times during the late mornings and afternoons. Babies play at this age will be 5-20 minutes. This “play” will increase as babies get older.



2

PARTNER & BABY

Be familiar with your baby’s schedule. You will be bombarded ways to sleep train your newborn coming from sometimes your partner. Support her health because newborns can not be developmentally sleep trained but moms can!



3

BREASTFEEDING

If you need to pump for later storage, start with pumping once a day after the am feed. You will have noticed that your milk supply is higher in the am than compared to any other time of the day.



4

DIAPER & STOOL COUNT

7-8 diapers, Yellow seedy stools, one to multiple. Babies can also start going days without stool. Stool is waste. If they are absorbing all nutrients, then there is no waste! Breastfeed babies can go up to 7 days without pooping!



5

WHAT SHOULD I DO

You might have experienced bouts of crying, fear and anxiety. This is normal for the first two weeks. However, if the symptoms are persisting, you might be dealing with postpartum depression. Please reach out to your provider or us at 720-815-5922 or [Postpartum Support International \(PSI\)](#)

6

NORMAL BABY SIGNS

Babies are generally getting a little more alert than the first two weeks period. However, sometimes they still have issues with gas, colic, stooling. It is easy to blame yourself and your milk. Sometimes babies just need to be held via babywearing to bring comfort.



WEEK 4 OF BABY

Congratulations!!

A little gift wrapped in endless love.



1

BABY & ME

Love and Cuddles!



2

PARTNER & BABY

Love and Cuddles!



3

BREASTFEEDING

You making it! Breastfeeding is such a journey of learning, healing, and discovery of your own body and baby. Even if you had to supplement along the way, you are still here and this what matters.

Congrats!



4

DIAPER & STOOL COUNT

7-8 diapers, Yellow seedy stools, one to multiple. Might have a greenish stool. Stool color that need medical attention are clay, white, dark red, or bright red. Remember days without stool is common too.



5

WHAT SHOULD I DO

You should be screened for Postpartum Depression. Postpartum depression is a misnomer. You might be having anxiety, anger, sadness, or disconnection. This is also postpartum depression. Reach out to your OB/Pediatrician, contact us (720-815-5922) or [Postpartum Support International \(PSI\)](#) for help. You are not alone.

6

NORMAL BABY SIGNS

You might notice your baby starting to make noises other than crying. Coos, gurgles, fixation on your face are ways that babies are starting to learn to communicate. Go ahead and gurgle and coo back!



WEEK 5 OF BABY

Congratulations!!

Of all the things my hands have held, the best by far is you.



1

BABY & ME

Sleep is a skill to be taught. Newborns are still young to be sleep trained but's ok to be cued: placing babies awake when placing them asleep in the bassinet is ok. If they protest, reassure but always adhere to their needs.



2

PARTNER & BABY

Be familiar with your baby's schedule of
Be a partner in establishing good routine.



3

BREASTFEEDING

Ditch the breastfeeding app, you do not need it anymore. You didn't need it to begin with but you weren't ready to hear it yet.



4

DIAPER & STOOL COUNT

7-8 diapers, Yellow seedy stools, one to multiple. Might have a greenish stool. Stool color that need medical attention are clay, white, dark red, or bright red.



5

WHAT SHOULD I DO

Continue enjoying one nap a day away from baby, taking 10-15 minutes for yourself, and once a week coffee date with your partner.



6

NORMAL BABY SIGNS

Babies become more aware and have more alert time. Tummy time, cooing, routines are all things to build upon. Also just holding your bundle is just all babies and parents need.

WEEK 6 OF BABY

Congratulations!!

Dream big, little one, you have a whole world waiting for you



1

BABY & ME

Again, its ok to just hold your baby. Your are doing amazing. Stop googling actives to do with your baby. Your baby just needs you. You are enough.



2

PARTNER & BABY

Take mom on lunch/dinner date. It can be easy as drive thru, no need to complicate it.



3

BREASTFEEDING

You might see your supply going down. In most cases, your body is stabilizing milk production. If it is truly down, the most common reason is because your not keeping up with your nutrition/water. Re-evaluate your nutrition. For water, electrolyte water or Gatorade zero (no sugar) are good substitutes. Still have issues or concerns, reach out to us: [Dr.Patel Office Hours \(ie Free Consultations!](#)



4

DIAPER & STOOL COUNT

7-8 diapers, Yellow seedy stools, one to multiple. Might have a greenish stool. Stool color that need medical attention are clay, white, dark red, or bright red. No stools for days is normal.



5

WHAT SHOULD I DO

Pelvic physical therapy is needed for every mom that has gone through birth. Ask you OB for referrals or contact us at concierge@nayacare.org free 15 minute intro. Subject: My Pelvic Health.



6

NORMAL BABY SIGNS

You might feel like your baby was just born, or it may feel like you have known them for a lifetime. So many changes have come! You might notice them smiling and follows voices and objects more deliberately. You have come along way already!

NAYA

4th TRIMESTER SPECIALITY CLINIC



1 OUR MISSION

Improve 4th Trimester/postpartum care for all families.



2 WHO WE ARE

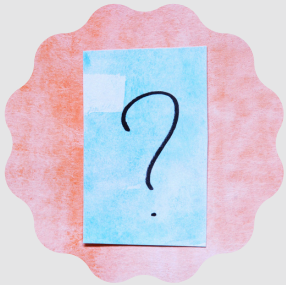
After enduring severe postpartum complications as a mother of four, neonatologist Dr. Patel founded NayaCare in 2018 to fix the broken gaps in 4th-trimester medicine. Today, NayaCare has helped over 500 families and counting by bringing compassionate, revolutionary postpartum care and bonding support directly to their doorsteps.

3 WHAT WE OFFER

How Naya Supports Your Postpartum Journey

At Naya, we bridge the gap between instant AI guidance and expert human clinical care. Choose the level of support you need, when you need it.

Feature / Support Level	Virtual AI Care Provider	Human Clinical Consultation	NayaCare In-Home Clinic
What it is	24/7 instant text-based conversational guidance.	1-on-1 virtual appointments with licensed specialists.	Hands-on, in-home clinical care for local families.
Led By	Expert-curated AI engine trained on clinical guidelines.	Dr. Patel and her expert medical team.	Dr. Patel and Denver-based clinicians.
Best For	Midnight questions, sleep tracking, and instant peace of mind.	Deep dives into complex feeding issues, pelvic floor recovery, or mood changes.	Comprehensive physical checkups, lactation adjustments, and in-person care.
Availability	Available 24/7 nationwide.	By appointment (Virtual/US-wide).	By appointment (Denver Metro Area).



4 QUESTIONS

Contact concierge@nayacare.org