

Lighten the Load

• KARMA BIRTH SERVICES •

Overwhelmed and
Undersupported? You're
not alone. I've got you.

How I Can Help

- ✓ **Body Doubling** — Need help folding a mountain of laundry or deep cleaning your kitchen? I'll help or just sit with you, keeping you company and helping you get started.
- ✓ **Executive Function Support** — Diaper changes, long nursing sessions, and to-do lists don't always play well together. I help you tackle that to-do list so you can be present with your baby instead of stressing about "getting stuff done."
- ✓ **Caregiving Swaps** — Take a break. Shower, sleep, eat a hot meal. Stare at the wall. I care for your baby so you can recharge.
- ✓ **Sensory Friendly Space** — Overstimulated? I help create calm, low-sensory environments that soothe both you and your baby.

Congratulations on the birth of
your new baby!

While this is a joyful time, it's also incredibly demanding. If you're feeling stuck, anxious, or just plain exhausted, you're not failing—you're human.

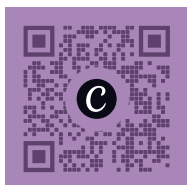
And if you're neurodivergent (ADHD, Autism), the postpartum period can feel even more intense.

Preventing Postpartum Mental Disorders

Research shows that practical support and connection are key to preventing postpartum depression and anxiety. Let me be your extra pair of hands, your sounding board, and your safe space.

Introducing Lighten the Load

I'm Tiff, a Certified Perinatal Mental Health Specialist, Doula and ADHD Coach. I offer gentle, judgment-free support to help you navigate early motherhood without a village.



Ready to Lighten the Load?

Scan the code or text me to schedule a free consultation.

Text: 856-278-1847 | bethechange@tiffdee.com | lightentheload.net