Our Mother’s Helper Service provides in-home assistance to new parents (whether this is your first or fourth). The birth of a child is a very exciting event for you and your family. Although this is a joyful time, every new parent can benefit from a little extra help. A Mother’s Helper is a Companion or Certified Home Health Aide who can offer at home assistance to new parents.

Mother’s Helper Companions
Our Mother’s Helper Companions have completed specialized infant care classes. They will assist you with baby care and household chores, enabling you to have some time to yourself.

Rest while we care for you, your infant, or other children. Here are some ways our Mother’s Helper Service can help:

- Respite care
- Infant care and sibling supervision
- Infant Feeding
- Diaper changes and dressing
- Laundry
- Meal planning and preparation
- Grocery shopping
- Light housework
- Assist with errands
- Make beds and change linens
- Take baby or siblings for a walk
- Read and play games with siblings

Certified Home Health Aides (CHHA)
Our CHHA’s are NJ State Certified and are specially trained to provide personal care to mom and baby. In addition to all the services the Companions provide, the Home Health Aide services also include hands on care as listed below. A Registered Nurse (RN) will accompany the CHHA on the first visit to develop a plan of care/service per your specifications and needs.

In addition to the services offered by the Companion:
- Assistance with bathing/shampoo/skin care
- Hair care
- Light massage/foot massage
- Assistance with breastfeeding

Program Pricing

Companion:
- Initial 4 hour block of time is $115.00 (includes a Companion Supervisor visit)
- Additional visits: 2 hour block is $40.00 / 4 hour block is $80.00

Certified Home Health Aides:
- Initial 4 hour block of time is $165.00 (includes an $80.00 Registered Nurse visit)
- Additional visits: 2 hour block is $60.00 / 4 hour block is $115.00

For More Information
If you are interested in scheduling a Mother’s Helper Service or would like additional information, please call 908-788-2562