



# Recommendation Letters

**KRISZTINA'S NEWBORN CARE SERVICES**

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To future parents,

It is our pleasure to recommend Krisztina, who supported our family as a Night Nurse. Our son was born premature and when he was ready to come home Krisztina was there. From the very beginning, she brought an incredible sense of calm and compassion into our home. Something we needed at such an overwhelming time.

Krisztina was gentle, patient, and meticulous in her care. She was great at monitoring his feeding and sleep. We found it most helpful when she would adjust our son's daily nap or feeding schedule to support his night time routine. You really feel like you're working as a team with Krisztina and by the time she was done, he was sleeping 12 hours.

She was always punctual and respectful of our home. She gave us peace of mind every single night knowing our son was in the most capable hands. She truly had a genuine love for our son.

We are very grateful for Krisztina's support and would wholeheartedly recommend her to any family, especially those with premature newborns.

Warmly,

Katie & Jesse McCartney

Los Angeles, CA

To whom it may concern,

We have had the gift of working with Krisztina as our night nurse for the last seven months. She joined our family shortly after our second baby was born.

Krisztina has struck the perfect balance of meeting us where we were with sleep training, while also encouraging routines that would be helpful for both of our children.

As needs changed or questions came up, I have been able to contact her during the day and receive immediate responses. She has a wealth of knowledge and experience. Her goal is truly to set up your family for success.

Our son is not only sleeping through the night, but we are also confident to maintain the foundation that Krisztina has built. Over these last seven months Krisztina has truly become part of our family. She genuinely cared for and bonded with our children.

My oldest looked forward to seeing Krisztina in the morning, and even our dogs were excited to see her when she walked through the door at night!

We tell our friends that she is like our Mary Poppins. We are so grateful for Krisztina, and it is without hesitation that we recommend her services to other families.

Gratefully,  
Kristen Jones  
Pasadena,CA

To whom it may concern,

I happily and without hesitation recommend Krisztina Otvos to you as a night nurse and sleep trainer. She was wonderful to work with both in 2020 and 2024 for my son (now 4 old) and my daughter (14 weeks).

With her knowledge, expertise and patience both kids were sleeping through the night by 12 weeks. She is not only professional but pleasant and kind. My two experiences with her could not have been better and whomever hires her is lucky to have her.

Best,

Alexa Parashos

Malibu, CA

Whomever it may concern,

Before Krisztina came into our lives, my husband and I walked around our son's nursery for an hour or two depending on the night rocking and sometimes singing our six week old son to sleep. Only for him to wake up crying an hour later. As first time parents we were lost in many ways when it came to sleep and breaking bad habits.

Krisztina gave us our lives back. More importantly, I got my life back. I was battling a minor case of postpartum depression and some major sleep deprivation. Krisztina was sensitive to my situation, professional, and extremely punctual. Within a week we saw a significant difference.

At 4 months he was sleeping through the night free of his swaddle and sleeping on his tummy through most of the night. Every week my son went through a different change. With Krisztina by my side, I was confident and excited about the changes rather than afraid and stricken with anxiety.

My favorite part was when we would lay my son down awake and within a minute he began to sooth himself to sleep. I was never a regimented "schedule" person. I've always been a bit more of a free spirit and somewhat unpredictable to a fault.

Ironically once I became a mom, I wanted some sense of control and Krisztina taught me the most effective ways to gain control in a very new and unpredictable environment. We owe Krisztina the highest respect. I trust her, and wish I had found her earlier. She will be the first person I call if I'm ever blessed with a second child. I highly recommend her to any family looking for help with their newborn.

Sincerely,

Khatira Brown

Los Feliz, CA

To future parents,

As a same-sex couple expecting twins in 2 weeks we were clueless as to what to do – besides going into denial for 7 months after hearing it was TWINS, and then realizing they come on average a month early we were out of time. We had an initial consultation with Krisztina and Helen, we looked at each other, we knew we had 2 weeks to figure it out and we turned to them and said LETS DO IT..... Krisztina and Helen saved our lives, kept us on track, fielded meddling Grandmothers, and are now a part of our family.

Helen helped us during the daytime and Krisztina at night. We made a pact to give their program a try for 3 months, it is now close to a year I don't know if that means we are slow, still clueless or beyond help... it doesn't matter because we know Krisztina and Helen have our backs all the way, any day, at any time.

Krisztina and Helen take their profession seriously and show true and honest passion. If they have the time to help you out, be blessed and grateful because you are getting experts who know their stuff.

Our Boys were sleeping through 7pm-7am when they were 4 months old. All thanks to Krisztina and Helen. The Boys are coming up on a year now and we seriously couldn't have made it through the year without our Girls. Thank God they are still with us and always on-call.

We highly recommend Helen's and Krisztina's services to any families expecting twins. You'll be lucky to have them, just as we were.

Best wishes,  
Jonathan Ledesma  
West Hollywood, CA

## Letter of Recommendation for Krisztina:

Krisztina is extremely talented in what she does and I have tough time sharing her but she has done all she can for our family.

I am a farmer who also farms in multiple states and sells products all over the world which requires me to travel a lot. My wife is a stay at home mother but uses her extra time volunteering for a local woman's organization.

We currently have a 4 year old and we were looking for help with the twins we just had in October.

Thru multiple searches we came across Krisztina and knew she was what we were looking for upon our first interview.

We first hired Krisztina to help get the twins on a schedule and put structure in our lives because our first child was raised on demand and we knew if we attempted that with the twins they would end up running our lives.

At first we didn't know what to expect hiring someone like Krisztina because we were not sure how we felt about someone living with us and helping us care for our infants. I know now I wish I would have had her help with our first child.

She did far more than just putting the twins on a schedule she made the entire experience more rewarding than work because she brings so much knowledge and knows how to address all the issues that infants face.

She is also far more talented with doubles than singletons because she knows how to stay organized and balanced. I wouldn't do it any other way, her knowledge and professionalism is amazing. It was sad the day she left because she became a part of our family.

Although I knew once she got the twins sleeping thru the night and on a schedule she had conquered the challenges and needed to move on to her next adventure.

Please do not hesitate to contact me if you would like to hear more about what Krisztina did for our family I would be more than willing to share.

Sincerely,

Brian Kirschenmann

Bakersfield, CA

Dear future parents,

Very pleased to talk about how happy we are to invested in hiring Krisztina. She not only put our twins on a schedule during the day, but she also trained them to both slept through the night.

Krisztina taught us how important it is for them to be on a schedule and the results are amazing. My twins are less fussy, they love to learn, and now fall asleep on their own. Krisztina gave us support and guidance during the sleep conditioning process.

Krisztina is also knowledgeable with baby products and made great recommendation. She was able to answer any of our questions, day and night.

She was always on time, professional, and was such a pleasure to be around. I highly recommend her service.

Sincerely,

Brianne Uebelhardt

Moorpark, CA

To future parents,

Prior to the birth of our son, several friends encouraged us to consider hiring a newborn care specialist or night nurse. They spoke highly of how much it had helped their babies and themselves as parents. As we researched the options, Krisztina's name quickly stood out. We also discovered that she had helped our friends, which gave us even more confidence.

From our very first conversation, Krisztina's knowledge and passion for newborns was clear. She was warm, approachable, and eager to share her experience. Her professionalism and kind personality made her the perfect fit for our family.

Over the following weeks, Krisztina stayed overnight to care for our son so that we could rest, which was especially important for my wife's recovery after her C-section. She patiently showed us how to feed, bathe, swaddle, and settle our baby.

As the weeks went by and we established a daytime routine, our son began to sleep for longer stretches at night. With Krisztina's patience and guidance, by 14 weeks he was sleeping through the night.

Just as promised, our son is now thriving on a consistent eating and sleeping schedule. At 4 months old, his nap and feeding routines are predictable and work beautifully for him and for us as parents.

We're so grateful for Krisztina and already know we'll have her help again with our next baby. We'd be happy to share our experience with any family who's thinking about hiring with her.

Sincerely,

The Thomson Family

Beverly Hills, CA

Future Parents,

I currently have a 6-year old son who was very difficult as a baby. He screamed and demanded to be held nonstop, and did not sleep through the night until he was 14 months old. When my husband and I found out we were pregnant with twins, I was immediately overwhelmed with wondering how I would ever care for two newborns at once. Once we interviewed and hired Krisztina, my worries were gone. She took care of our twin girls for 12 weeks.

She started the first night that I was home from the hospital. She is soft spoken, punctual and extremely professional. By 10 weeks old, the twins were only waking up one time during the night to eat at 4am.

My husband and I couldn't believe it. We realized that we had done everything wrong with our son. We didn't swaddle him, didn't put him on a set schedule, and overstimulated him before sleep time.

Krisztina taught me how to keep the twins on a schedule during the day to help them sleep at night.

The most important benefit was that the things she taught me gave me confidence as a mom. I was never confident when my son was a baby because nothing I did worked. Now, I have happy babies and a happy family. We are extremely grateful for all of Krisztina's help and I highly recommend her.

Kind regards,  
Lindsey Zeller  
Rancho Palos Verdes, CA

RECOMMENDATION LETTER  
For Krisztina Otvos, Baby Nurse

From: Kara Engemann, first-time mother of newborn twins

Dear Future Parent(s):

Firstly, I want to say congratulations on your new little one(s). Bringing in a new edition to the family (whether it's your first child or 5th) is such an incredible experience in so many ways and such a blessing.

I am writing you this letter to HIGHLY recommend our current night nurse, Krisztina Otvos, to be your night nurse.

To be completely honest, Krisztina is a God send. Krisztina had been recommend to us from a friend who had hired and then fired countless night nurses with both her first and second children. When our friend was (finally) introduced to Krisztina, she said Krisztina had been "heads and tails" better than anyone who'd ever cared for or watched her children (including nannies, grandparents, etc).

Our friend confidently gave me Krisztina's information before I was even pregnant for "when I was ready" and ensured me that she had called all of Krisztina's references before she, herself, had hired her years before.

When I found out I was pregnant with twins, I contacted Krisztina immediately and, fortunately for us, she was available for my due date. Months before the babies were born, she sent me a detailed list of recommended products to buy (I recommend buying/registering for ALL items on this list) and amazing evidence-based research articles on sleep training to read. She also made sure her schedule was clear for the weeks before my due date since twins often come early (and in my case, they did!).

Krisztina has been an INCREDIBLE night nurse. She is gentle but firm with her process. From her 3-hour sleep/diaper change/ feed schedule intervals (a schedule we had become familiar with prior to the babies leaving the NICU) to her soothing techniques, our babies have grown tremendously on track (all while my husband and I have been able to get a FULL nights' sleep!).

She cared for our twin boys overnight, five nights a week for four months. Thanks to her care and guidance, our boys are now sleeping through the night, and we could not be more grateful.

When we first started working with Krisztina, she recommended I watch her on the baby monitors, just to be assured of the process and ask if I had any questions or concerns. After the first week of watching Krisztina on the monitors with the babies, I never had to look again.

She was better with my newborns than the NICU staff nurses had even been (I'm a registered nurse myself- so I know great care when I see it).

Krisztina really goes above and beyond the duty of her job and will often call our (day time) nanny to give report on how the babies slept the night before and what she recommends we watch out for (or potentially change) for that day and the days ahead, in addition to either calling or texting me as well.

Krisztina is not only an amazing night nurse, but she's become a beloved fixture in our home. Our dog waits patiently by the door for her every night and the babies always smile and lovingly coo in her presence. My husband and I have grown to really love her like a family member and think of her as our own "Mary Poppins".

I will always be so grateful for Krisztina and the time she took to walk us through being new parents (and, of course, the sleep she allowed us to enjoy with two newborns!!!).

We will definitely hire her again when we have our next child, and we recommend her to all of our friends and family.

Please feel free to call, text or email me if you'd like with any questions or concerns. I'm happy to help in any way possible.

Sincerely,  
Kara Engemann  
Santa Monica, CA

To Whom It May Concern,

Krisztina is an amazing baby nurse with whom we felt instantly comfortable for our newborn. She was always on time, thorough, and incredibly caring. Krisztina guided us through sleep conditioning options, and kept detailed notes on our son's feedings and sleeping.

With her help, we put our son on a daytime routine in his second month. By monitoring his feeding and sleep, Krisztina helped us adjust his schedule so he could sleep longer stretches at night by the time she was done, our son was sleeping 12 hours.

She took excellent care of our son, allowing us to rest. Working with Krisztina was truly wonderful, and we're so grateful for all she did for our family. We highly recommend her to any family looking for night help with their newborn.

We will definitely hire her again when we have our next child and continue to recommend her to all of our friends and family.

Best,

Erin Goldman

Santa Monica, CA

To future parents,

For the past 8 weeks, our family has been blessed to work with Krisztina Otvos as our night nurse. She has taken care of our twin boys and helped ease the transition on of two new additions to our family of three. We couldn't have done it without her!

Krisztina is amazing at taking charge and establishing a routine.

She is diligent and professional. We were so impressed how gracefully the boys adapted to new schedules that she established. At 8 weeks of age, the boys are thriving and sleeping 9 hour stretches at night, if not more.

As a second time mom, it was a bit unnerving to have someone else care for my newborns, however, Krisztina made me feel secure and comfortable with our decision. She is extremely kind, gentle, and thoughtful.

It is clear that she has immense knowledge and any family that is lucky enough to have her help will be so grateful in the end, just as we are.

Thoughtfully,  
Michelle Moore and  
Family  
Culver City, CA

## Letter of Recommendation for Krisztina

Krisztina helped us so much when our first baby was born. When I found out I was pregnant with our second, she was the first person I called because I wanted to make sure she could fit us into her schedule.

We loved having her back in our home. From the moment she walked through the door, she brought a calm and comforting energy that made those first few weeks feel so much easier. She helped us with feeding, gave thoughtful product recommendations, and shared simple tips that made a big difference in our daily routine.

Having her support gave us the confidence to care for our baby and finally get some much needed sleep. It was such a relief knowing we had someone so experienced and caring by our side.

We highly recommend her and are happy to share our positive experience with any future families.

Warmly,

Rebecca Rayn

Pacific Palisades, CA

To Future Parents,

Krisztina was a rock for our family. She was consistent, diligent, and incredibly patient with our newborn twins. We hired her for five months, and during that time she guided us every step of the way. She showed us how to feed both babies at the same time, how to soothe them, and how to follow a routine. By the time they were 14 weeks old, they were sleeping 12 hours straight each night.

I truly don't know how we would have managed without Krisztina. She generously shared insider tips on everything from bottles and toys to the best sleepwear, and her hands-on support made all the difference. I couldn't be happier with the results and highly recommend her to any family looking for expert newborn care and sleep help.

All the best,

Yasmin Capra

Westlake Village, CA

To Whom It May Concern,

I am Christine Muller and my husband and I are delighted to recommend Krisztina Otvos. She began working with us when our son was five weeks old and had no schedule. He was nursing almost constantly plus one bottle each day and taking only short naps. I was hesitant to change anything since he woke three times each night to feed, but we decided to establish a daytime routine and I am so glad we did.

Within two days Krisztina had our son on a three hour schedule with three naps each day. The improvement carried into the night. He went from waking three times to waking twice and four weeks later he wakes only once. Krisztina also refined our bottle feeding technique which greatly reduced his gas and spit up by showing us a few simple but effective tips.

Krisztina is kind, thoughtful and utterly dependable. She is always just a phone call or text away and quick to respond whenever questions arise.

I highly recommend her to any family seeking expert newborn care and gentle sleep guidance.

Warmly,

Christine Muller

Pasadena, CA

Dear new parents,

Krisztina helped us at night and took excellent care of our daughter. She's calm, dependable, and truly loves babies. She has an incredible amount of knowledge about every part of newborn care. She supported me with breastfeeding, pumping, bottle feeding, diaper changes, and swaddling, and made everything feel so much less overwhelming.

She also helped us establish sleep routine. Our daughter started sleeping through the night around three months old, and that routine has continued, which has made such a difference in my experience as a mom.

I'm so grateful for Krisztina's support and highly recommend her to any families looking for expert help with their newborn.

Best regards,  
Amy Roberts  
Brentwood, CA

# My Commitment to Your Family!

I'm here to care for your newborn with love, confidence, and experience. My goal is to help you feel supported and rested during this special time and to make the newborn stage a little easier, one night at a time.

With love,  
Krisztina

