

Adore & Cherish

Perinatal RN Care Collection



Most families aren't sure what kind of support they need and many feel like they might be doing something wrong. That's more common than you think. We provide you support that you can actually build on.

**They say It takes a village.
We're here to be part of yours.**

Overnight Support

Best for:

- Exhausted parents
- Overnight anxiety
- Mothers with little to no overnight help
- Feeding and wake-up struggles

Newborn Stabilization

Best for:

- Daytime challenges (feeding, crying, routines)
- Wanting guidance and structure

Postpartum Recovery

Best for:

- Maternal recovery + baby regulation
- 0-6 weeks postpartum

Preparation Session

Best for:

- Pregnant families wanting to feel ready

**Not sure where to start? We can help you figure It out.
Schedule your complimentary 15-minute consultation!**

Overnight In-Home Sleep Support (10 Hours: 8pm–6am)

For families who are exhausted, anxious at night, or dealing with constant wake-ups, this RN-led overnight support provides hands-on care for your baby, real relief for you, and clearer guidance for more successful nights ahead.

Best for families who:

- are severely sleep deprived
- feel anxious or on edge overnight
- are dealing with frequent wake-ups, feeding struggles, reflux, or gas
- want both overnight help and guidance for better nights ahead

What is Included

- Real-time feeding assessment and support
- Sleep pattern evaluation with gentle rhythm shaping
- Reflux and gas troubleshooting
- Personalized night logs with clear next steps
- Safe soothing, swaddling, and newborn care

Most families book multiple nights to see meaningful improvement in sleep, feeding, and overall confidence.

Why families prefer this support

- Real rest while your baby is cared for by an experienced Perinatal RN
- Guidance that helps you feel more confident after the night is over
- Support tailored to your baby's feeding, sleep, and comfort needs

Package Rates:

- 2 Nights – \$1,600
- 3 Nights – \$2,340
- 4 Nights – \$3,040
- 5 Nights – \$3,700

Extended bookings reduce the average nightly rate.

Newborn Stabilization (0–5 Weeks)

4 Hour In-Home RN Session \$499

Stabilize feeding. Shape sleep. Build confidence.

- Clinical feeding assessment (breast, bottle, combination)
- Sleep-wake cycle evaluation
- Excessive crying, gas, reflux assessment
- Hydration assessment & diaper output review
- Safe swaddling, bathing, and newborn handling
- Includes the Newborn Foundations Reference Binder
- 2 days RN text follow-up support

Postpartum Recovery & Regulation

(6+ Weeks) 4 Hour In-Home RN Session \$399

For families navigating recovery and regulation beyond the newborn phase.

- Maternal recovery assessment & mood screening
- Feeding & supply evaluation
- Infant growth and milestone review
- Sleep pattern & regulation guidance
- Includes the Newborn Foundations Reference Binder
- 2 days RN text follow-up support

Optional Support Upgrades:

10 Hour Night Support \$700 (Reserved for clients booking a day package)

Additional 4 Hour Day Support \$320

1 Week RN Text Support \$195

Newborn Crying Reset

(2–3 Hour RN Evaluation) \$349

Structured assessment for excessive or persistent newborn crying.

- Feeding mechanics & milk transfer evaluation
- Bottle flow & burping adjustments
- Reflux & gas troubleshooting
- Wake window and overtiredness correction
- Environmental & soothing strategy review
- Personalized action plan with clear next steps

Optional Support Upgrades:

10 Hour Night Support (\$700)

1 Week of RN Text Support (\$195)

Birth Strategy Session

(2–3 Hour RN Preparation) \$199

Focused labor preparation led by an experienced Labor & Delivery RN.

- Real-world understanding of labor stages
- When to go to the hospital
- Common hospital interventions and decision points
- Pain management timing and expectations
- Immediate postpartum planning

Optional Support Upgrades:

In-Hospital RN Text Support \$295

Personalized Birth Plan \$99

Includes 15% credit toward any Postpartum Package

Confident Nights: Newborn Prep Session (1-2 Hour RN Preparation) \$247

A private RN-led session to help you feel more prepared, more confident, and less overwhelmed before newborn nights begin.

- Realistic expectations for newborn nights
- Night feeding and settling guidance
- Reflux, gas, and discomfort troubleshooting
- Wake windows and overtiredness support
- What is normal vs. when to follow up
- Personalized action plan with next steps

Optional Support Upgrades:

15% off Any additional Package

1 Week of RN Text Support (\$195)

