

Adore & Cherish



RN-Led Newborn & Postpartum Support

Many families know they need help, but they are not always sure what kind of support fits best. We offer three focused options designed to help parents feel more rested, more prepared, and more confident at home.

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

Night Nurse Support

Best for:

- Feeding or newborn night concerns
- C-section or postpartum recovery support
- Parents wanting a more experienced set of eyes overnight
- Families who want rest with RN-led guidance

Night Nanny Support

Best for:

- Exhausted parents
- Overnight feeding, diapering, and soothing support
- Families needing consistent nighttime help
- Parents who want non-medical overnight new

Newborn Confidence Session

Best for:

- Expecting first-time parents
- Families newly home from the hospital
- Parents nervous about feeding, sleep, or soothing
- Hands-on practice before the first nights home

Night Nurse RN Support

10-Hour In-Home Sleep Care



For families who are exhausted, anxious overnight, or struggling with feeding, reflux, gas, or frequent wake-ups, our RN-led overnight support provides hands-on newborn care, real rest, and expert guidance for better 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 overnight help with RN-led guidance

What is Included

- Feeding support and informed observation
- 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 Options:

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

Best value with multi-night care.

Night Nanny Weekly Support

10-Hour Overnight Care

For families who need recurring overnight support, our night nanny care provides dependable newborn help on a weekly schedule — so you can sleep, recover, and keep life moving.

Best for families who:

- need weekly overnight support
- want predictable nights of rest
- are returning to work or managing busy days
- do not need RN-level support and guidance

What is Included

- Overnight newborn care
- Bottle feeding, burping, diapering, and soothing
- Safe sleep support
- Bottle washing and baby-item cleanup from the night
- Written overnight care log
- RN-led team oversight when needed

Consistent weekly relief — not just one night of recovery.

Why families prefer this support

- More predictable sleep
- A calmer weekly rhythm
- Consistent care from someone who knows your baby
- More energy for work, recovery, and family life
- A sustainable option for weekly care

Weekly Package Options:

- 2 Nights – \$960
 - 3 Nights – \$1,380
 - 4 Nights – \$1,760
- Additional nights upon request.

Private RN-Led Newborn Class

Newborn Confidence Session

A private 4-hour in-home session that helps first-time parents practice the newborn care skills they need during the early weeks at home.

Session Details:

4 hours

In Your Home

\$495

Private, Hands-On, RN-Led

Best for families who:

- Expecting their first baby
- Nervous about newborn care
- Unsure about feeding, sleep, or soothing
- Wanting hands-on practice before the first weeks home

What's Included

Newborn Care

Diapering, hygiene, bathing basics, and safe handling.

Feeding Basics

Hunger cues, breast/bottle guidance, burping, and output expectations.

Swaddling & Soothing

Hands-on swaddling practice, calming techniques, and settling support.

Safe Sleep

Bassinet setup, sleep safety, and first-night routine guidance.

Safety & Red Flags

Car seat basics, newborn warning signs, and when to call the pediatrician.