

Adore & Cherish

Perinatal RN Care Collection



Adore & Cherish provides in-home postpartum support led by an experienced Perinatal Registered Nurse, helping San Diego families navigate feeding, sleep, recovery, and newborn care with confidence.

Our role is not to judge how you are doing things—it's to help you understand your baby and feel confident in your own home.

Start with a complimentary 15-minute consultation to discuss your situation and the support that may help most.

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

Comprehensive overnight RN care providing real-time clinical oversight, feeding regulation, and structured sleep support.

- Real-time feeding assessment
- Sleep pattern evaluation
- Gentle rhythm shaping (no cry-it-out)
- Reflux & gas troubleshooting
- Detailed night logs with personalized guidance
- Two-night minimum unless paired with another service
- Start time can be adjusted to match your baby's schedule

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)

