

Postpartum Doula

Service Description & Contract

Description of a Postpartum Doula

A postpartum doula is there to help a new family in those first days and weeks after bringing home a new baby. Services include, but are not limited to, help with self-care recovery, postpartum comfort measures, infant care, parenting information and assistance with learning to feed and take care of your baby, as well as other practical services.

Postpartum doula services for a family last anywhere from a few days, up to a few weeks after bringing home a new baby. Postpartum doulas assist during the day, but also during the night to help the family transition more smoothly into the challenges of night time parenting.

Limitations

A postpartum doula does not dispense any medications (over the counter or prescribed) to any member of the family or diagnose any medical conditions in mother or baby. She is also not responsible for major housecleaning tasks, nor will she take over care of baby, discipline other children or transport any member of the client's family.

Disclaimer

Doulas are not doctors or midwives, and do not practice medicine, nor diagnose and treat postpartum related symptoms. Information presented in our meetings and conversations is not intended as a substitute for the medical advice of a properly licensed health care professional. In addition, doulas do not make specific health claims or promise medical results. We provide education and guidance, and postpartum and breastfeeding support.

Service Description

Once you have requested me to act as your doula, I will provide the following services:

- I will provide one (1) prenatal meeting. At this meeting, we will discuss and explore your priorities and concerns, and plan how to best work together to meet your needs.
- I will be available to answer questions about upcoming baby care or services anytime before the birth of your baby.
- Once your baby is born, I will provide the following services:
 - Education on postpartum issues
 - Guidance with newborn care and feeding
 - Sibling care
 - Breastfeeding support and tips
 - Emotional support and nurturing for the new mother
 - Help with postpartum care (ie: preparing sitz baths, foot soaks, belly binding, etc)
 - Healthy and nutritious meals and/or meal planning
 - Very light housekeeping (ie: light laundry and folding, tidying up)

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- I will provide the following additional services as listed below:

- I will disclose any potential scheduling difficulties, which may interfere with my ability to provide services beforehand.

Client Responsibilities

- Honest communication about any relevant medical or emotional health conditions.
- You must notify me within 24 hours after the birth of your baby so that I can arrange my schedule and notify you of any scheduling conflicts.

Scheduling

I require 48 hour notice before services begin, unless otherwise agreed upon.

- Your estimated due date is _____.
- Services are to begin within _____ days of the birth of your baby.
- Services are to be provided for _____ hours each day, for a total of _____ hours/days.

Additional scheduling notes:

Fees & Billing

A non-refundable deposit of **\$75.00** is due upon the signing of this contract. This deposit will be applied to the initial prenatal meeting and the first week of care. The remainder of services must be paid for, in full, by the last day services are rendered. I will prepare an invoice for the agreed upon hours and it will be provided to you at your first postpartum visit. If, after services are completed, you wish to contract for additional visits, these will be invoiced for separately and paid for at the beginning of each visit.

For billing purposes, an hour is considered to begin when I arrive at your home. There is no minimum of total hours required, but I require a minimum of 3 hours per daytime visit and 5 hours per overnight visit. Daytime hours are 7am to 7pm. Overnight hours are 9pm to 5am.

- Prenatal Meeting **\$25.00**

Previous or Current Clients

- Daytime Visits: **\$18.00/hr**
- Overnights: **\$23.00/hr**

New Clients

- Daytime Visits: **\$20.00/hr**
- Overnights: **\$25.00/hr**

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Cancellations & Refunds

I require at least 24 hours notice for cancellations. In the event that less than 24 hours notice is given, a **\$25.00** fee will apply. (This fee does not apply when severe weather conditions and/or last minute injuries are the cause of cancellation.)

In the event of illness or injury on the part of the doula, severe weather or birth, services will be rescheduled as soon as possible. Please note the following:

- I am very cautious about bringing any illness into the home of a newborn. I will not hesitate to reschedule if I think I may be getting sick.
- I am a labor doula, and as such I am sometimes called out to a birth at the last minute. If I have a birth due around the time of your services, I will let you know ahead of time, but birth is unpredictable.

In signing this contract, you agree that I have discussed all the points herein and you understand and agree with them.

Client's signature (mother)

Date

Client's signature (father)

Date

Doula's signature

Date