Postpartum Agreement

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**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.

**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
* Breastfeeding support and tips
* Emotional support and nurturing for the new mother
* Help with postpartum care (**Gentle exercise for mom,** infant care and feeding
* Healthy and nutritious meals and/or meal planning
* Light housekeeping (ie: light laundry and folding, tidying up)

**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**

The remainder of services must be paid for, in full, by the last day services are rendered. 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. The current hourly rate is $40.

I accept, cash app, checks, and cash.

**Cancellations & Refunds**

I require at least 24 hours notice for cancellations. In the event that less than 24 hours notice is given, a $50.00 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 or severe weather etc. 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.

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

Top of Form

Name(required)

Electronic signatures shall be considered legal and binding.

First Name



Last Name



Your Estimated Due Date(required)

Client's Partner

First Name



Last Name

