

Letter of Agreement Describing Doula (Postpartum) Services, Limits & Fees

What is a postpartum doula?

As a postpartum doula, I support women and families after birth. While needs vary among families, I may: provide education or information regarding infant care, assist with care for the family, assist with household tasks, and provide emotional support. I draw on my professional training, knowledge and experience to provide support. I am independent and self-employed.

Before support.

I will meet with you (and your partner, support person, etc.) to discuss ways in which I may provide assistance after birth. We will discuss postpartum planning and details regarding setting up visits, payment and limitations to my services. I will make you aware of existing plans to be out of town or otherwise unavailable. The consultation/interview is complementary and lasts up to 30 minutes.

After birth.

If you are interested in postpartum support within 24-48 hours of birth, you or your support person will contact me when you are in labor so I may make arrangements. I will join you as soon as I can or at a predetermined time, if I am available. When you want to schedule postpartum visits, we will determine day(s) and time(s). The minimum amount of time for a visit is 2 hours, unless otherwise discussed.

As a doula, I do not:

1. Perform clinical tasks or medical care. I am there to provide only physical comfort and emotional support.
2. Make decisions for you. I will help you get the information necessary to make an informed decision regarding your care and care for your newborn.

Fees.

\$30/hour, 2 hour minimum in most cases. Hours available are typically 7am-9pm, though availability is subject to change.

Some flexibility may be necessary to accommodate schedules or to meet new family's needs. Amy also offers birth doula support and will be unavailable to provide postpartum support on the day(s) she is offering labor & birth support.

I/We have read this letter describing the doula's services and agree that it reflects the discussion we had with her.

Date _____

Client _____ Client's Partner if applicable _____

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