

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.

\$25/hour, 2 hour minimum in most cases. Hours available are typically 7am-9pm, though availability is subject to change.

For every 10 hours of prepaid time, you will receive a complimentary hour of support. Please note that prepaid hours are to be used within a 2-week period.

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 _____

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