

SAMPLE POSTPARTUM SERVICES AGREEMENT

[Doula Name]:

[Doula Email Address]:

[Doula Phone Number]

[Doula Website]:

Postpartum doulas provide emotional & physical support for new parents, completion of basic daily tasks so that the family can bond and information/education for the newborn period.

Postpartum services may be used from the day of birth until infant is 12 weeks old.

Postpartum Doulas do NOT diagnose medical conditions in the postpartum person or infant, but will refer to a health care provider when appropriate.

Postpartum Doula Services May Include:

- Continuous physical and emotional support- listening to your fears/frustrations/concerns, monitoring your postpartum recovery, answering questions, etc.
- Baby care education and support - assistance in newborn bathing, feeding, comforting techniques, cutting baby's nails, organizing the nursery/your home, and more.
- Breastfeeding, supplementing, or bottle feeding support.
- Preparing simple, nutritious meals
- Maintaining simple housework like laundry, vacuuming, emptying trash
- Watching the baby and/or older children so parents can rest
- Running errands
- Assistance with child proofing your home
- Assistance in creating a home schedule

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Postpartum Doula Service Availability and Fees:

A minimum of two three-hour shifts is required (a minimum of 6 hours) to retain services. Services may be available during the day, evenings, nights and some weekends.

Fee for Postpartum Doula Services is \$___ /hour, regardless of the day of the week or time of day service is requested. In the event that your doula is suddenly unavailable at your scheduled time due to circumstances beyond personal control, you will be notified, and given the opportunity to reschedule. There is no charge for days on which doula service is not provided.

Contracting Services

A \$___ deposit is required at service agreement signing, which will be applied to your final week of care. A care plan with your needs in mind can be created at the time of signing. Payment may be made by check or credit card via [Preferred Payment Information - PayPal, Venmo, CashApp, Handle, etc.] (a small surcharge may apply). Discounts are available for widows/widowers and military families.

I, the undersigned, agree to the terms and conditions stated above, and I fully understand the responsibilities of the doula as well as my own.

Client's Name (Print)

Client's Signature

Date

Due Date

Doula's Signature

Date