



Postpartum Doula Hiring Contract

Definition of a Postpartum Doula A Postpartum Doula is a non-medical assistant in prenatal care, childbirth and during the postpartum period.

Services of a Postpartum Doula A Postpartum

Doula works with each family individually to find out their particular needs. Some of the postpartum services that a doula will perform include: Help with the emotional and physical recovery after birth Light housekeeping so that mom does not feel so overwhelmed Running errands Assistance with newborn care such as diapering, bathing, feeding and comforting Light meal preparation Baby soothing techniques Sibling care Referrals to local resources such as but not limited to parenting classes, pediatricians, lactation support and other parenting support groups Obligations of the Postpartum Doula Services are to be provided to

(Client Name,) _____

The Postpartum Doula will always keep the Client's parenting style in mind and not force her opinions on the Client(s).

Obligations to the Doula The Client(s) need to let the Postpartum Doula know of any special needs or customs they may have during the postpartum period. The Postpartum Doula asks for the Client(s) to be flexible as well since sickness and other events could happen in her life.

Doula Term of Practice A Postpartum Doula provides evidenced based information on things such as infant feeding, emotional and physical recovery from birth, mother – baby bonding, infant soothing, and basic newborn care.

The Postpartum Doula is there to help a new family in those first days and weeks after bringing home a new baby. A Postpartum Doula is not a housekeeper, nor a medical practitioner and will not perform any clinical procedures, outside of weighing the baby and assisting with breastfeeding education.

A Postpartum Doula does not assess for recovery of vaginal tears or cesarean incision recovery of the mother although she may provide traditional methods of helping the mother recover from birth, whether cesarean or vaginal, and will observe for signs of infection and/or postpartum depression, educating the mother on signs and symptoms regarding these issues. A Postpartum Doula may provide information for the new mother's partner in order to assist in observation for signs of infection and/or postpartum depression. If Postpartum doula is not able to come due to sickness or other emergencies (including attending another birth as a Birth/Labor Doula if she is on call.) The Client(s) will be informed in advance if there is an overlap and the Postpartum Doula is on call for another family as a Birth/Labor Doula and the Postpartum Doula will provide support on another day, or provide a backup caregiver for that particular day if possible.

Billing Our agreed upon fee structure is as follows: The Postpartum Doula's minimum hours per day is 4 hours per day.

The Postpartum Doula will work for _____ weeks beginning _____, _____, 20____. Scheduled hours are _____ to _____ and fees will be adjusted if there is an overlap into evening hours from daytime hours. At anytime, extra days may be added, and The Postpartum Doula will try to be flexible to allow for this.

Any cancelations less than 36 hours requires 50% payment of the day.

Fees will be paid for on a daily basis once postpartum doula starts performing services.

If mother/partner decides to contract the Postpartum Doula for more hours after the completion of this contract, she may do so pending the Postpartum Doula's availability. This may occur once this contract payment is satisfied and then contracting another set of hours with 50% down at that time. The Postpartum Doula asks that The Postpartum Doula receives payment on the first day the Postpartum Doula works each week unless other arrangements have been made. Please sign below indicating that you have read and agree with this letter describing services, limits, and fees.

(full amount of contract) _____

Client Signature _____ Date _____

Postpartum Doula Signature _____ Date _____