



## Agreement for Postpartum Doula Services

### 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 or even months after delivery.

Please review the below and sign. We will hold the doula's availability for 5 business days starting the day you receive this contract.

### 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. **At no time is the Doula to be in the home without the birthing person there. In addition, the Doula at no time is ever allowed to drive any member of your family.**

### Service Description

Once you have agreed to doula support from Sokana Collective, we will provide the following services:

- 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.
- We will be available to answer questions about upcoming baby care or services anytime before the birth of your baby.

Once your baby is born, we 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 (ie: preparing sitz baths, foot soaks, belly binding, etc)
- 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.

If you are still pregnant and getting First Night Care, you must notify your doula when labor is imminent so they can be prepared to support you on that first night.

**Parking:** The doulas will make every effort to find free parking near your home. If free parking is not available and the doula needs to pay for parking, that fee will be added to your invoice.

### **Scheduling**

This is the schedule that is outlined in this agreement:

**EXAMPLE: 4 overnights a week 10pm - 6am for 2 weeks**

Total number of hours for care: 120

**Additional scheduling notes: EXAMPLE: 1st night care is included in your service**

### **Postpartum Hour Commitment**

By signing this agreement, you are committing to the total number of postpartum support hours outlined in this contract. While you are welcome to add additional hours as needed (pending doula availability), reducing the contracted hours is generally not permitted once the agreement is signed.

We do understand that unexpected situations may arise. In rare or exceptional circumstances, reductions may be considered on a case-by-case basis at the discretion of Sokana Collective. Any changes must be discussed and approved in writing.

### **Fees & Billing**

A non-refundable deposit of 150.00 is due upon the signing of this contract (invoice will be sent). This deposit will be applied to your total care amount. The remainder of services will be billed every 2 weeks until you have used all of your contracted hours. If you wish to contract for additional hours, these will be invoiced separately and paid for at the beginning of

each visit. **Your agreed upon hourly rate is 35.00**  
**daytime and 0.00** (Postpartum Doula) for overnight.

(Postpartum Doula) **for**

**The total amount for your care is 4200.00** (Postpartum Doula)

### **Cancellations & Refunds**

We require notice of cancelling/rescheduling a shift at least 24 hours before the shift is to start. In the event that notice is given within 24 hours, a \$50.00 late cancellation 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.

You are obligated to the hours outlined above. You will still be billed even if you end service before all hours are used.

**Deposit Refund:** The deposit is non-refundable except if we are unable to provide services. If your doula/s is unable to provide care due to unforeseen circumstances you agree that Sokana Collective will provide you with another doula/s.

### **Please note the following:**

We are very cautious about bringing any illness into the home of a newborn. We will not hesitate to reschedule if we think a doula may be getting sick and in turn we ask you to please let us know if someone in your family is feeling ill.

### **Information Disclosure**

I give my permission for my doula(s) to take notes about me, including personal information I choose to disclose to them, and information regarding the labor, birth, and the postpartum period pertaining to myself and my child(ren). I understand that this information will be securely stored as part of my client record at Sokana Collective and that the doula may use this information to provide me with a summary for my own personal use.

JB

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

Client Name: Jerry Bony

Client Signature:

Date: