

# Agreement for Postpartum

## Agreement for Postpartum Doula Services, Limits and Fees

### As Your Postpartum Doula:

- I provide support to the new family structure after the birth of the baby for up to the first 3 weeks, unless special circumstances arise.
- I provide emotional support, physical comfort, and information on topics like self-care, baby care and adjustment measures.
- I can provide reassurance and perspective to you and your partner; make suggestions for breast and household organization after the birth.
- I can help prepare meals and snacks for the family for the day of, do grocery shopping, do laundry or run other necessary errands.
- I work for you, not your healthcare provider or hospital/birth center.
- I adhere to the Red Cross CPR standards of care (in the event of a medical emergency).

### Support Can Include Some or All Of:

- Physical and emotional support (listening to your birth story, your fears, frustrations, concerns, observing your postpartum recovery, etc.)
- Baby care education and support (assist in bathing, feeding, comforting the baby, cutting baby's nails, organizing the nursery/your home, etc.)
- Babywearing education & assistance
- Breastfeeding &/or bottle feeding support
- Maintaining simple housework (laundry, vacuuming, emptying garbage, straightening up the house, dust, dishes, etc.)
- Watching the baby and/or older children on the premises, so Birther & Partner can rest
- Referrals to other professionals as needed
- Telephone, text, and email support.

## *As Your Postpartum Doula I Will NOT:*

- Perform clinical tasks, such as blood pressures, fetal assessments, incision care. Make decisions for you. Instead, I will help you get the information necessary to make an informed decision as new parents.
- Speak to your healthcare provider on your behalf regarding matters where health care decisions are being made. I will, however, discuss your concerns with you and suggest options, but you or your partner will speak directly to your healthcare provider.
- Transport clients and/or children in my vehicle(s), no matter the circumstance.
- Replace your partner; rather I work with them. A Postpartum Support Practitioner knows early postpartum adjustment measures, newborn care, postpartum birther care and breast feeding; the partner knows the birther — it's a perfect team.
- Do heavy house cleaning such as; mopping, cleaning bathrooms, yard work or animal care, and carrying heavy objects up and down stairs.
- Prepare meals for friends and extended family, dinner parties, or potlucks.
- Advance your money for groceries/errands made on your behalf.
- Provide care for your child/children in your absence, I am there to support you and your partner not replace you.

## *Meeting Your Postpartum Doula:*

- As your doula, I will meet with you and your partner at approximately 36 weeks unless I am contacted after this stage of pregnancy. This meeting will take place in your home and will consist of filling out your intake form, having a discussion around your postpartum care and creating a plan for it.
- After your meeting, please keep in touch with me to check in and give updates.



## After the Birth:

- Please call or text me to inform me of your birth and to schedule your first day of support. I can not guarantee support with less than 24 hours to arrange your care.
- Postpartum care is available on an hourly basis, as well as hour overnight shifts. I require minimum 1 hour shifts.

## Failure to Provide Services:

- Full fees of the day will apply if you fail to inform me of any changes in your schedule less than 24 hrs in advance.
- If I can not attend your scheduled appointment due to circumstances beyond anyone's control (for example: severe weather conditions). If your Maternal Support Practitioner can attend a scheduled appointment due to circumstances beyond anyone's control, all attempts will be made to reschedule your appointment.

## Fees:

- The fee for your Postpartum Support is [\$32]/hr for one baby or for multiples.
- Overnight care is [\$45]/hr for one baby and for multiples.
- There will be a [20%] premium added for service provided on statutory holidays.
- A non-refundable retainer of [\$65] (which includes your final 2 hours of support) is required upon signing this contract to secure our availability.
- There will be an incidental fee of [\$15] added to each shift should you not have free parking for your Postpartum Doula
- Payments can be made via Cash App, Zelle, Cash or Check payable to DeAnna Harlow
- NSF payments will be subject to a [\$ 30] administration surcharge.
- Invoices will be emailed at the end of each week of service provided.



I/We have read this letter describing the Postpartum Doula services and agree that it reflects the discussion we had with our Postpartum Doula.

---

**Date**

---

**Name of Client (please print)**

---

**Signature**

---

**Date**

---

**Name of doula (please print)**

---

**Signature**

This agreement is meant to be fair to both parties, so that all parties may feel secure in their mutual commitment. By signing this contract, you agree to pay for services as described above. In return, the doula commits to provide these services. It is understood that neither myself, DeAnna Harlow or my representatives are to be held responsible or liable for any undesirable or unexpected outcome resulting from birth doula support. Should a disagreement occur, the undersigned agree to resolve issues amicably therefore excluding me, DeAnna Harlow, and representatives from any penalty or fault. The signatures below indicate both doula and client understand the content and terms herein.

