



Postpartum Letter of Agreement

Describing Doula Support, Services, Limits and Fees

Services Provided

- Breastfeeding tips
- 24/7 postpartum phone support (as needed during pregnancy and postpartum)
- Baby care advice
- Advice on purchasing layette, nursery and other needed baby items
- Household help
- Emotional, Physical, and Informational support
- Sibling care
- Meal preparation
- Errand running
- Misc. tasks as requested

What does a Postpartum Doula do?

What a postpartum Doula does changes from day to day, as the needs of the family change. Postpartum Doulas do whatever a mother needs to best enjoy and care for her new baby. A large part of a Doula's role is education. They share information about baby care with parents, as well as teach siblings and partners to "Mother the Mother." Doulas assist with breastfeeding education. Postpartum Doulas also make sure the mother is fed, well hydrated and comfortable.

What Doulas do not do?

I do not offer any form of medical advice for mother or baby. I can offer a referral if I feel medical advice is needed. I do not perform any clinical tests on mother or baby.

What hours will I work?

Babies and their parents need 24/7 care. I am willing to be flexible and to work any hours that you feel you may need my services. We will need to discuss your needs and the times that I am available to work.

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Fees

\$25.00 per hour.

Payment is due at the time of service. We can work out a payment schedule if there is a need for it.

I will make every effort to provide the services described above and or those that we have agreed upon. When we agree on dates and times for my services I will make every effort to be there. Sometimes this may be impossible (for example, if I have a client that is in labor). If this occurs we can either reschedule or I can call my backup and see if she is available.

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

Client's Signature

Date

Spouse/Partner Signature

Date

Tammy Uva

Date