



CONTRACT OF SERVICES FOR DOULA SUPPORT

“Doula” comes from ancient Greek and means “a woman who serves.” There are two types of doulas - birth and postpartum. A postpartum doula supports new mothers and their families as they adjust to life during the fourth trimester - the first three months of baby’s life. She focuses on emotional support, lactation assistance, education on general infant care, sibling integration and sometimes meal preparation and light household cleaning. A postpartum doula’s goal is to foster the independence of the family as a whole by supporting the parents in their new roles, and allowing them a greater opportunity to bond with their new baby. I am independent and self-employed, and am in the process of being certified through DONA. I am also working toward my MA in Marriage and Family Counseling, and work as a counseling intern. I can be contacted by phone at (540) 419-7370 or by email at landrylk@gmail.com.

SERVICES PROVIDED

- Encouragement and understanding of the delicate emotional world of new moms
- Breastfeeding education, support and assistance
- Physical care for mom & education about what to expect postpartum
- Support during nighttime parenting and feeding
- Basic instruction related to infant care
- Help with baby wearing & swaddling
- Care for baby when parents need to shower, nap or care for other children
- Baby & mommy laundry
- Light housekeeping (ie: loading dishwasher, wiping down surfaces, etc.)
- Some meal prep
- Errands as needed
- Professional referrals as needed
- Other services per request (see below)

It is most important to me that your family be nurtured in the way that is most beneficial to you. The tasks listed above should serve as general guidelines regarding my services. If there is something else not listed that would better meet your needs, please bring it to my attention so that we can discuss it!

FEES

Services can be purchased in blocks of time for a discounted rate, or hourly as needed.

- 10 hours = \$200
- 20 hours = \$400
- 1 hour = \$22

Once hours have been purchased, we can work together to determine the best “break down” for you and your family. For example, 10 hours may be broken down into 2 5-hour visits, 2 4-hour visits and a 2-hour visit or a 9-hour night shift with a 1 hour check-in at the end of the week. The hours can also be spread out throughout your fourth trimester according to what works for your availability and mine. Regardless of the agreed upon number of hours purchased, a deposit is required.

WHAT DOULAS DO NOT DO

As a doula I do not:

- Perform clinical tasks such as taking blood pressure, listening to fetal heart tones, or doing vaginal exams.
- Make decisions for you. I will help you get the necessary information for you to make an informed decision. I will remind you if there is a departure from your birth plan.
- Speak to clinical staff on your behalf regarding matters of your care or medical decisions. I will discuss your concerns with you and suggest options, but you or your partner will speak on your behalf to clinical staff.

EXCHANGE AGREEMENT

Postpartum plan: _____

Deposit Amount: _____

I have read this contract describing the doula’s services and agree to enter into a client-doula relationship for my fourth trimester.

Client Signature _____

Date _____

Doula Signature _____

Date _____