



Postpartum Doula Client Contract: Volunteer Program

Birthing Gently Postpartum Doula Service Contract

The following sets forth an agreement between [redacted] and Birthing Gently.

Doula services do not end after birth. Once at home there are many adjustments for families with new babies. During the postpartum period our doulas are specifically trained to support families as they transition to these changing roles. By offering unbiased evidence-based education, attention to the needs of the parents, infant and other children, and by offering quality referrals and access to community resources when necessary, the postpartum doula can ease and enhance your postpartum experience.

In-person Services the Postpartum Doula Agrees to Provide

- Phone/text/email support during PP contracted term
- Emotional support and guidance-Supporting the family emotionally through the adjustments that occur in the immediate postpartum period._Helping to identify other areas of support that are needed throughout the immediate postpartum period and provide specific referrals.
- Newborn Feeding Support -Breast feeding/Bottle (formula) feeding support. Assistance choosing and using breast pumps.
- Newborn care suggestions and guidance -Instruction in bathing, diapering, dressing, swaddling, and soothing techniques.
- Nutrition-Preparing light meals and snacks for the family as needed._Grocery Shopping. Assist in meal planning and shopping list preparation. Shop for groceries (funds to be provided in advance by client).
- Light housekeeping: Folding clean clothes. Emptying dishwasher, and dish washing. General straightening up. Cleaning, and disinfecting all frequently touched surfaces in the home, such as toys, remote controls, kitchen counters, bathrooms, telephones, handrails, and doorknobs.

Please Initial next to the services you are purchasing

[redacted] Postpartum Doula Services Singleton

Postpartum Doula Services are available for a rate of: \$45.00 /Hr. Payment of \$720.00 (16 hours of care)

[redacted] Postpartum Doula Services

Fees Waived for Community Doula Clients

Postpartum Doula Services are available for a rate of: \$55.00 /Hr. Payment of \$880.00 (16 hours of care) is due at the time of service.

- 1hr prenatal planning session **This 1hr meeting is deducted from the initial deposit of 16 hours.
- Please note that the initial 16 hours of care must be used within the first six weeks postpartum.
- Care can be extended beyond six weeks postpartum under certain circumstances. Additional hours (beyond the 16 hour pre-payment) will be billed on a weekly basis. Payment is due within seven days to avoid late fees.
- Our Postpartum Doula's specifically reserve time around your birth, therefore the initial payment is non-refundable.
- Each individual visit is a minimum of 4 hour min (day) 8 hour min (night)
- Please note that each shift is provided in minimum time increments:
 - 4hr minimum day shift visit
 - 8hr minimum overnight shift visit (*overnight hours are 8pm-6am*)
- In the event of a declared state of emergency (natural disaster, medical pandemic/epidemic, civil unrest or armed conflict), or "Act of God" postpartum doula services can default to virtual if necessary.

Scope of Practice

It is not a Postpartum Doula's role to make any type of medical diagnosis. A Postpartum Doula cannot administer any medical treatment of any kind. A Postpartum Doula can help family to find appropriate outside support and service.

Missed Visit Policy

Our doula's do their best to arrive on time for scheduled visits (15min grace period for traffic, weather and any other unforeseen delays). If they are unable to attend a scheduled visit for any reason, they will contact you as soon as possible. ***You are not responsible for payment for the missed visit. If you are unable to have a scheduled visit, and you contact your doula at least 24 hours in advance, you will not be responsible for the missed visit.*** If your doula has a scheduled visit and arrives to find you are not at home, your doula will wait 15 minutes for you to arrive. ***You will be responsible for payment for the missed visit.***

Reporting fever, diarrhea, vomiting, injury, illness or concerns

If you or any household member has a fever of 101.0 F or higher, our policy is that he/she must remain free of fever for 24 hours before postpartum doula services can resume. Area pediatricians agree with this policy. The 24 hours begins when fever has broken and remains in a normal range. Diarrhea and vomiting due to illness are highly contagious. If any household member has diarrhea or vomiting he/she must be free of such for 24 hours before postpartum doula services can resume. Please remember

many of our postpartum doulas will be working with other families who are also welcoming a newborn into the home, and often are working with other families besides yours. This policy is in place to protect your family and the others who are receiving postpartum doula services. Please note that the same policy applies to the doula in the event she is ill, and we will make every effort to find back up or resume services as quick as possible.

If any children in the household have had a recent injury or illness, we ask that this is reported to the postpartum doula. This allows the postpartum doula to take necessary precautions when caring for any child withing the household.

Back-up Postpartum Doula Services

If your postpartum doula is unable to attend a scheduled visit due to illness, or any unforeseen circumstances you will have the option to reschedule your visit or choose to have a back up postpartum doula from within the Birthing Gently practice. Your postpartum doula will give as much advanced notice as possible should a scheduled visit need to be cancelled or rescheduled.

Agreement

| | | |
|---------------------|--------------------|----------------|
| Estimated Due Date: | Place of Delivery: | Provider Name: |
| Your Name: | | |
| Partner's Name: | | |
| Address: | | |
| City, State & Zip | | Email Address: |
| Your Phone: | Partners Phone: | |

Release From Liability

In entering a contract for Postpartum Doula service, I acknowledge that during the performance period of this contract, services may be provided to me in my home,

traveling to a medical facility and hospital. I understand that Birthing Gently Postpartm Doula services and the Postpartum Doula providing support has a limited role pursuant to the descriptions of tasks outlined in the above-referenced contract, wherever services are provided to me. Birthing Gently and Postpartum Doula has not represented to me that contracting for services guarantees in any way a risk-free, emergency-free Postpartum Doula support experience. I understand that my Postpartum Doula does not make medical or decisions on my behalf, including the decision when to seek medical care for myself or my family at a hospital. Now, in consideration of the above acknowledgments, I on behalf of myself, ourselves, my heirs, administrators, personal representatives, executors, and assigns to release and forever discharge Birthing Gently and Postpartum Doula from all damages or causes of action, either law or in equity, which I have or acquire or which may accrue to me, my administrators, personal representatives, executors or assigns as a result of using the Birthing Gently Postpartum Doula services. I intend this to be a complete release and discharge Birthing Gently and Postpartum Doula from all liability whatsoever.

Client agrees to and accepts the terms and conditions set by this agreement on this date:

Client's Signature: