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2024 Breastfeeding Package

As your postpartum doula, I will provide you with emotional and educational support as you learn to breastfeed your baby. We will discuss the basics of breastfeeding and getting off to a good start. I will watch you and guide you in learning, lending a helping hand and making recommendations that are within my scope of practice as a doula and non-medical professional. I will do my best to be there on the day of the birth, or soon thereafter, to assist you with initiating breastfeeding.

If I am your birth doula and already there with you for the birth, I will work with you on the initial latch and then come back later that day to help again, to fulfill day one of this breastfeeding support package, separate from your birth doula package.

I will come to you in the hospital or at home for 1-2 hours of breastfeeding support every day for one week. If a day is missed due to another client's birth, I will add one day to the 7-day period.

I will be on call 24/7 to answer breastfeeding questions. Please allow some flexibility in timing if I need to call you back shortly after you call or text with a question. I will typically answer within 20 minutes, unless I am at a birth and cannot step away at that time.

With this package, you have access to the breastfeeding DVD's in my lending library, however they must be returned in a reasonable timeframe so that they will be available to my other clients as needed as well.

I will provide you assistance with:

- getting comfortable breastfeeding
- different ways to hold the baby
- positioning the baby at the breast
- getting a deeper latch, typically resulting in an improved latch
- learning to identify the difference between sucking and drinking
- learning breast compression
- increasing your milk supply, if necessary
- decreasing your milk supply, if necessary
- setting up nursing stations around your house
- integrating nursing time as a special time with your older children, if this applies

I am not a lactation consultant. I know about normal breastfeeding and can help you avoid some of the common problems that can lead to what feels like a breastfeeding crisis and require a

lactation consultant's support. If the help you need is out of my scope of practice and there is a need for a lactation consultant, I will make referrals and then potentially be with you when you meet with the consultant. I will continue to help you to the best of my ability for the remainder of the week this contract covers.

If I am unable to make it to you for more than one day in a row due to being at a long birth or becoming ill, for example, you will have the option of a back-up coming to provide you with support instead of me, or you can choose to wait until I am available again and I will make up the number of days missed. If a back-up doula were to support you, all terms of this contract would stay the same and there would be no additional fee as I would pay the back-up doula for her time.

The total fee for this package is \$700.00. This amount is due upon signing the contract. Half of this fee is refundable up until 36 weeks gestation. The other half is considered a non-refundable retaining fee.

If, before 36 weeks gestation, you tell me that you are not going to breastfeed after all, then at that time you can request either a refund of \$350.00, or you can request that I provide you with general postpartum support in place of breastfeeding support, and in that case there will be no refund of fees.

If, after 36 weeks gestation, you tell me that you are not going to breastfeed after all, then at that time you can either forfeit the amount paid for the package or request that I provide you with general postpartum support in place of breastfeeding support, so that you still benefit from the 1-2 hours a day of postpartum support.

After 36 weeks gestations there will be no refund of fees.

We have read this contract, agree to it, and agree that it reflects the discussion we have had.

Client _____ Date _____

Doula _____ Date _____