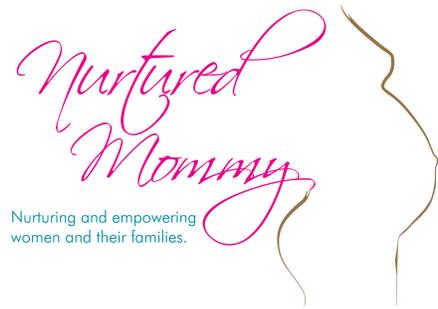


Becky Gerson, CD(DONA), HBCE
Birth and Postpartum Doula
HypnoBirthing Childbirth Educator
Phone: (310) 560-6850
becky@nurturedmommy.com
www.nurturedmommy.com



Contract: Breastfeeding Package

What this package includes:

- I will teach you the basics of breastfeeding and getting off to a good start.
- I come on the day of the birth to assist you with initiating breastfeeding.
- 1-2 hours of breastfeeding support every day for the first week after birth. (If a day is missed due to another client's birth, I will add one day to the 7 day period.)
- Watch you and guide you in learning to breastfeed, lending a helping hand and making recommendations that are within my scope as a doula.
- On call 24-7 to answer breastfeeding questions over the phone.
- Access to multiple breastfeeding DVD's
- Assistance with:
 - getting comfortable breastfeeding
 - different ways to hold the baby/babies
 - positioning the baby/babies at the breast
 - getting a good latch
 - learning to identify the difference between sucking and drinking
 - learning breast compression
 - increasing your milk supply, if necessary
 - setting up nursing stations around your house
 - integrating nursing time as a special time with your older children

I am very knowledgeable and experienced with breastfeeding support and can help you avoid many of the common problems that can lead to crisis and require a lactation consultant's support. If the help you need is out of my scope of practice as a doula and there is a need for a lactation consultant, I will make referrals and then do my best to be with you when you meet with the consultant, so that I can continue to help you as much as possible.

The total fee for this package is \$600.00. Half of this fee is refundable up until 36 weeks gestation. The other half is a retaining fee and is non-refundable.

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

Mother _____ Date _____

Doula _____ Date _____