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**Birth and Postpartum Doula**  
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**Contract: Postpartum Doula Services**

As your postpartum doula, I will provide you with non-medical physical, emotional, educational and family support after the birth of your baby/babies, expected on or around the \_\_\_ day of \_\_\_\_\_, 20\_\_\_. I will assist you with self-care recovery measures, provide information on mother and baby care, assist you in caring for and feeding your new baby/babies, provide breastfeeding support, assist your family with adjusting to new roles, and offer household organizational support. This organizational support (during daytime hours) includes preparing occasional light meals, grocery shopping if requested, laundry, tidying, dishwashing, and organizing friends who want to help.

I do not perform any medical or clinical tasks, nor do I diagnose medical conditions in the mother or baby/babies. I will, however, refer you to a health care provider when appropriate. Other than allowing you some time to shower and rest, I do not *take over* the care of the baby/babies. However, I will assist you in learning to take care of your baby's/babies' needs. I do not do heavy housecleaning such as mopping, cleaning bathrooms, or yard work.

I agree to work for you on a pre-determined schedule, with some flexibility, subject to availability and mutually agreeable hours. For billing purposes, an hour is considered to begin when I arrive at your home, at a previously arranged time. If I run errands for you on my way to your home, the hour begins when I arrive at my first stop.

In the event of unpredictable scheduling conflicts, including illness, potentially dangerous driving conditions due to severe weather, or my having to leave to attend a birth with another client, I will attempt to find a qualified replacement doula and/or make up those hours with you on a different day of the week, or the following week.

My hourly fee for daytime postpartum doula services is \$40 per hour with a minimum of 3 hours per shift. I do recommend 4 hour shifts whenever possible. My hourly fee for nighttime postpartum doula services is \$50 per hour with a minimum of 7 hours per shift between the hours of 11pm and 6am. I require a non-refundable retaining fee of 50% of the total hours contracted, to be paid upon signing this contract. The balance will be applied to the **first** \_\_\_ hours of service, as we are planning on a minimum of \_\_\_ hours total, to take place within the first 6 weeks postpartum.

I require at least two weeks notice should you decide for any reason that you do not wish to use my services once we have entered into this agreement. No refunds will be given if you are within 2 weeks of your baby's estimated due date, as I have blocked off time for you and turned away other potential clients. The retaining fee guarantees my commitment to be available to you as well as being payment for services rendered, as you may ask me questions and otherwise check in with me throughout the remainder of your pregnancy, as needed.

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

Mother \_\_\_\_\_ Date \_\_\_\_\_

Partner \_\_\_\_\_ Date \_\_\_\_\_

Doula \_\_\_\_\_ Date \_\_\_\_\_