



sem community doulas

Letter of Agreement Describing Postpartum Doula Services, Limits, and Fees

Role of a Postpartum Doula

As trained postpartum doulas, we provide nonmedical educational, practical, and emotional support to women and their families after the birth of their baby(ies). We assist with self-care recovery, postpartum comfort measures, infant care, parenting information, and learning to feed and take care of your baby. Our goal is to help every member of the family transition smoothly and easily into his/her new roles. Postpartum doula services last anywhere from a few days to a few months after the birth of a new baby(ies).

As postpartum doulas:

- We are not medical professionals. We will not diagnose any medical condition for mother or baby, but we may refer you to an appropriate healthcare provider if we notice any concerning issues. Information presented during our time together is not intended as a substitute for the medical advice of a properly licensed health care professional.
- We have experience with breastfeeding, both as doulas and as mothers, but we are not a lactation consultants or experts. We are happy to help and offer advice within our scope of practice, and we may refer you to an appropriate lactation specialist, if needed.
- We are not babysitters. Our goal is to help you to feel confident and successful caring for your baby yourself. (However, we're happy to take care of your baby while you get some much deserved rest or time to yourself!)

How the SEMCD Team Works for You

We understand that the time after your baby is born is incredibly intimate and personal. That's why we tailor a postpartum package specifically for your family's needs. Before your little one gets here, we'll sit down for 60-90 minutes and talk about your expectations, hopes, fears, and desires for the postpartum time. We'll help you to feel prepared and excited for this amazing time!

To make communication as easy as possible for you, you will have a primary doula. (If you are an SEM Community Doulas birth client, you will already have a primary doula.) Your primary will be your first contact for questions, information, and scheduling, although we encourage you to contact any of us as you need. Your primary will relay important information to the rest of the team. If you feel a strong connection with one of us, please feel free to let that be known and request that she be your primary. Otherwise, we will choose your primary based on location and availability. Although we encourage you to use all of us, as we each have our own strengths, you may see one or two of us more due to location and availability; and of course, you will always have absolute say as to any doula who comes into your home.

Each of us has individual strengths, but in general, some ideas of practical support may include: preparing meals; light housework (dishes, laundry, tidying up, etc.); taking care of older children; running (or later accompanying you on) errands; answering the phone or door (if desired); providing education and research regarding newborn care, parenting, breastfeeding, nutrition, sleep, etc.; or taking care of the baby so parent(s) can nap. We offer education on choosing and using cloth diapers and baby carriers, parenting philosophies, normal newborn behavior and sleep habits, feeding, and other new-parent issues. We also offer emotional support (offering unbiased and supportive listening, normalizing postpartum hormones, helping you to navigate family issues and visitors, discovering the changes in your relationship, etc.) and pampering (massage, herbal baths, aromatherapy, etc.) for the new mother. You may also schedule an in-home postpartum massage with Jahmanna while another of your doulas takes care of your baby so you can *thoroughly* relax!

For any work longer than four hours, we ask for a break to eat and attend to any personal needs. If we are with you during a meal time, feel free to invite us to join you or not, depending on whatever you're comfortable with.

During overnight hours, after any practical support has been finished, it is normal for us to sleep when your baby sleeps. We will discuss arrangements based on your specific situation.

We will also provide the additional agreed-upon services listed here:

As a postpartum doula, we will not transport you or any member of your family. We do not perform any major housecleaning tasks (cleaning bathrooms, yard work, etc.).

Scheduling

We schedule daytime support in (at least) four-hour blocks between 8:00 AM and 8:00 PM. We schedule overnight support in (at least) eight-hour blocks between 8:00 PM and 8:00 AM.

Your estimated due date/baby's birth date is: _____

Knowing that your needs may change, a tentative ideal schedule would be:

	<u>Monday</u>	<u>Tuesday</u>	<u>Wednesday</u>	<u>Thursday</u>	<u>Friday</u>	<u>Saturday</u>	<u>Sunday</u>
Daytime							
Overnight							

We request that you notify your primary doula within 24 hours of your baby's birth so that we can arrange our schedule. If you'd like to extend our services, please let us know as soon as possible so that we can reserve time in our schedule.

Changes in Services

There are occasionally events which are unpredictable and may affect the dates previously agreed upon. In the event of illness or emergencies for either party, severe weather, or your scheduled doula being called to a birth, every effort will be made for another doula from our team to step in during that time. In the rare situation that all of the SEM Community Doulas are unavailable, we will offer to reschedule or attempt to find a postpartum doula outside of our team, whichever is more convenient for you.

If for any reason we become unable to fulfill this contract, we will refund any payment that has not already been applied to services and make every effort to find you a replacement postpartum doula.

If you would like to reschedule a visit, we ask for 24 hours' notice. At our discretion, cancelling/rescheduling visits with less than 24 hours' notice may be subject to being charged for 50% of the hours.

Fees for Services

Our fee is \$30 per hour. For clients outside of our service area, a travel fee of \$25 per visit may be applied. It is your responsibility to ask if this applies to you.

For billing purposes, an hour begins when your doula arrives at your home. If you request that she run errands for you on her way to your home, her time begins upon arrival at the first stop. We will carefully track our hours worked and will be happy to provide you with copies.

In order to reserve dates on our schedule, we ask for a 50% payment. The 50% balance is due on the first day we begin working together. If you'd like to add more dates after we begin working together, they should be paid for in full.

We also offer gift certificates, which make fantastic baby shower gifts for you! If this is something you're interested in, please share the name of your baby shower host and we will take care of the rest.

Check, cash, PayPal, or credit are accepted.

Number of hours: _____ @ \$30/hour = _____

Deposit of _____ paid on _____

Balance of _____ due on first day we begin working together

I recognize that the doulas of SEM Community Doulas are trained to provide nonmedical educational, practical, and emotional support to women and their families after the birth of their baby(ies). They are not medical professionals and, therefore, will not perform medical procedures; it is our responsibility to make informed and educated decisions with input from our care provider. We understand that SEM Community Doulas will act with care for the mother's and baby's well being, but will not be able to alter and are not responsible for the course of labor or its outcomes.

I have read this letter of agreement describing postpartum doula services and agree that it reflects my understanding of them. In signing this agreement, I agree to these terms.

Client's name

Signature

Today's date

Baby's EDD or birth date

Phone number

Email

Home address

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- * Erin Barnes * www.ErinBarnesDoulaServices.com * ErinSBarnes@gmail.com * 248-840-3269 *
- * Jahmanna Selassie * www.WadadaMassageDoula.com * WadadaMama@gmail.com * 734-717-2709 *
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