

Service Agreement for Postpartum Doula Support

In Due Time Doula Care

Jenn Beiswenger, Doula

My role as your Doula:

I'm independently employed and hired directly by you and (if applicable) your partner. My goal is to help you navigate life in the early days and weeks after the birth of your baby.

Services of a Postpartum Doula

A Postpartum Doula works with each family individually to find out their particular needs. Some of the postpartum services that a doula will perform include:

- Emotional & physical support and nurturing for the new mum
- Help with newborn care such as diapering, bathing, feeding, comforting
- Light housekeeping (e.g. laundry folding, dish washing, tidying up)
- Light, healthy meal preparation and/or planning
- Sibling care
- Running errands
- Overnight infant care
- Referrals to local resources such as, but not limited to, parenting classes, paediatricians, lactation support and other parenting support groups

Terms of Service

A Postpartum Doula provides evidence-based information on things such as infant feeding, emotional and physical recovery from birth, mother-baby bonding, infant soothing, and basic newborn care. The Postpartum Doula is there to help a new family in those first days and weeks after bringing a new baby into the family. Where needed, doula care can be arranged for overnight hours for an extra fee. Nighttime hours are between 7pm and 7am; overnight shifts are 7 hours minimum, usually 10pm – 7am.

A Postpartum Doula is not a housekeeper, babysitter nor medical practitioner, and will not perform any clinical procedures. A Postpartum Doula does not assess mum's recovery of vaginal tears or caesarean incision, although she may provide traditional methods of helping the mother recover from birth, whether caesarean or vaginal, and will observe for signs of infection and/or postpartum depression, educating the mother on signs and symptoms regarding these issues. A Postpartum Doula may provide information for the new mum's partner in order to assist in observation for signs of infection and/or postpartum depression.

Agreement of Service

As your Postpartum Doula, I will come to your home to support you on the agreed-upon dates & times, and perform the agreed-upon tasks. I will always keep your parenting style in mind and not force my opinions on you. I will be available by phone, messaging (SMS, Facebook & Instagram messengers) and e-mail during regular business hours when I am not with you during the period of employment. I will be flexible so that your needs can be met.

Agreement of Client

You need to let me know of any special needs or customs you may have during the postpartum period. I ask that you please be flexible as well, since sickness and other events could happen in my life.

Failure to Provide Support

If the contract is initiated prior to the birth of the baby, it is the family's responsibility to contact me, to advise me that the baby has arrived so that services can be initiated. It is the family's responsibility to notify me in the event of the loss of a baby during pregnancy prior to the initiation of postpartum doula services.

I will make every effort to be with you at the agreed-upon times. If I am unable to come, whether for personal or extenuating circumstances – including attending another birth as a Birth Doula if I am on call – I will inform you as soon as I know that I will not be able to make it. In that instance, we will arrange an alternate mutually-agreeable day/time. I will inform you in advance if there is an overlap between my service period to you and my on-call period for another family as their Birth Doula, so that we're all on the same page.

Payment

There is a \$250 deposit due upon the signing of this agreement, which places your family or due date on my calendar. This payment is non-refundable. Postpartum doula package fees are a payment plan for contracted hours and are not itemised; in other words, upon signing this agreement, you agree to the contract in full. Refunds are not provided for any unused portion of the contract and payments are not transferable. Postpartum support package hours that are not used will expire 60 days after the last communication between us, or 60 days of non-use. If you decide that you would like me to come for more visits after the completion of this contract, we can discuss the feasibility at that time and hopefully make mutually-agreeable arrangements.

Payment of the balance due can be made in one lump sum, which is due before our first postpartum visit, or according to a mutually-agreeable payment plan. Payments can be made by cash and/or electronic funds transfer.

If you need to cancel/reschedule a visit, please let me know 24 hours in advance where possible. Shifts cancelled with insufficient notice may be subject to charge.

Moving forward

If you choose to hire me as your doula, the next steps are:

- Discuss, complete and sign this agreement
- Pay the \$250 non-refundable retainer fee to secure your position upon submission of this agreement

Total fee: \$ _____

Balance: \$ _____ due by our first postpartum visit, _____ *or according to this agreement:* _____

My bank details: BSB: 032055 Acct No: 001138 → *Please send me a screenshot of your bank transfer confirmation*

● Your details:

Mother's name: _____

Mother's phone: _____ Email: _____

Address: _____

If relevant,

Partner's name: _____

Partner's phone: _____ Email: _____

● Estimated due date or baby's birth date: _____

● Support start date (if known): _____

Mother's name

Signature

Date

Partner's name

Signature

Date

Jennifer J. Beiswenger, Doula

Signature

Date

Please email completed agreement to doulajennb@induetime.au

OR post to Jenn Beiswenger, 26 Dudley St, Penshurst, NSW 2222

OR request digital copy via email

✿ *Thanks! I look forward to working with you!* ✿