

## ***RBL Support LLC Postpartum Contract***

**Definition of a Postpartum Doula** A Postpartum Doula is a non-medical assistant that provides care and support during the postpartum period.

**Services of a Postpartum Doula** A Postpartum Doula works with each family individually to find out their needs. Some of the post-partum services that a doula will perform include:

- Breastfeeding support
- Help with the emotional and physical recovery after birth
- Light housekeeping so that mom does not feel so overwhelmed
- Running errands
- Help with newborn care such as diapering, bathing, feeding, and comforting
- Light meal preparation
- Baby soothing techniques
- Sibling care
- Referrals to local resources such as but not limited to parenting classes, pediatricians, lactation support, and other parenting support groups

**Doula Term of Practice** A Postpartum Doula provides evidenced based information on things such as infant feeding, emotional and physical recovery from birth, 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 home a new baby. They are not a housekeeper, nor a medical practitioner and will not perform any clinical procedures, outside of weighing the baby and helping with breastfeeding and breastfeeding education. They do not assess for recovery of vaginal tears or cesarean incision recovery of the birthing parent although they may supply traditional methods of helping them recover from birth, whether cesarean or vaginal, and will see for signs of infection and/or postpartum depression, educating on signs and symptoms of these issues. A Postpartum Doula may supply information for the partner to aid in observation for signs of infection and/or postpartum depression.

**Failure to Provide Support and Special Circumstances** I will make every effort to be with you at the scheduled times. If I am not able to come due to sickness or other emergencies (including attending a birth as a Birth Doula if I am on call, you will be informed in advance if there is an overlap and I will supply support on another day or supply a backup doula for that day if possible. The only care I do not supply to post-partum families is aftercare and diapering a child with a circumcision. If you would like to discuss this in detail, we can! With the current pandemic going on, it is vital that you inform me of any exposure to COVID positive people or if anyone in your family has it. If you are positive or have been exposed, we may need to switch to virtual support until you are no longer contagious. If you refuse to inform me, I may decide to cancel services with you and refund only for days that I did not provide services to your family.

If at any time I feel threatened by someone in your home, I may also cancel services and refund only for days that services were not provided.

**Fees** Our agreed upon fee structure is as follows. I work \$15.00 per hour by day from the hours of 7am to 7pm and \$20.00 per hour by night from the hours of 7pm to 7am. My minimum hours per day/night is 3 hours. The services can be paid for on a weekly basis, biweekly basis, or you may go ahead and prepay for services. If for some reason this payment plan does not work for you, we can come up with another payment plan. I accept PayPal, Square, CashApp, Venmo, cash, or Facebook Pay.

**Dates of Service** The Post-Partum Doula will work \_\_\_\_\_ days a week for \_\_\_\_\_ weeks beginning \_\_\_\_\_, \_\_\_\_\_, 2022 and ending on \_\_\_\_\_, \_\_\_\_\_, 2022. Scheduled hours are \_\_\_\_\_ to \_\_\_\_\_ and fees will be adjusted if there is an overlap into evening hours from daytime hours. At any time, extra days may be added, and I will try to be flexible to allow for this pending my availability.

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**Client Signature**

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**Doula Signature**

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**Date**

**Please list postpartum services that interest you below:**