

What is the difference between a Birth Doula and Postpartum Doula?

Birth Doula: As a birth doula, I accompany you in labor to help ensure a safe and satisfying birth experience. I provide education and information prior to labor. I provide physical and emotional support during your pregnancy, labor and birth of your baby.

Postpartum Doula: As a postpartum doula, I accompany you after birth to support you in the “4th trimester” or the postpartum time. Most often I support birthers in the first few days and weeks after birth, but will work with you to determine the best course of postpartum support. As a postpartum doula I can:

- Assist with breastfeeding
- cook nutritious meals for the home
- go grocery shopping for you
- do light housework (sweeping, dishes, laundry, etc.)
- supplement care for the newborn so the new parent(s) can get a few hours of uninterrupted rest, and more.

My primary focus and responsibility is to the mother/birth person in their recovery. Primary childcare arrangements should be made for older children.

Birth Doula Fees

My fee for the birth doula services described is to be paid as follows:

- \$500 as a retainer fee, due within a week of you selecting me as your doula.
- \$500 due within one month after the birth.

Payment can be made via check, Venmo, Paypal, or CashApp.

Postpartum Doula Fees

My fee for postpartum doula services is to be paid as follows:

- \$25/hr for postpartum services from hours of 8a.m.-8p.m.
- Overnight support is \$40/hr for postpartum services between the hours of 10p.m. -8a.m.
- There is flexibility in determining your needs for postpartum services. I ask that we arrange a schedule at least 2 weeks in advance of the start of postpartum services so I can plan accordingly to best support you.

Before Labor

I will meet with you and your partner a minimum of once before labor to become acquainted. It is important to me that we create a plan together to explore and discuss your birth priorities, any fears or concerns, your birth plan and to plan how we might best work together. I also want to know your own best ways of coping with pain and fatigue, and how you and your partner foresee working together.

- I am available pretty much 24/7 via text prior to labor
- Beginning at week 37 I will be oncall 24/7 by phone call
- Support doesn't just occur in labor. Let's work together during your pregnancy!

When You Are In Labor

- Please call me when you think you're in labor, even if you do not yet need me. I can answer questions and make suggestions over the phone.
- We will decide if I should come right then or wait for further change.
- I usually need 45 mins- 60 mins to get to you from the time you call and ask me to come.

- We will also decide where to meet- at your home, the hospital or the birth center. Except for extraordinary circumstances, I will remain with you throughout labor and birth.
- For the sake of transparency, I do not currently have a back up doula. If I am unable to attend your labor and birth it will be due to a serious illness or emergency. You will not be charged if I cannot attend your labor and birth.

Following Birth

- Usually, I will stay with you for one or two hours after birth, until you are comfortable and your family is ready for some quiet time together.
- I can also help with initial breastfeeding as needed.
- I am available to answer questions about the birth and would like to get together with you within a few weeks to see how you and your baby are doing, to review the birth, and to get feedback from you about my role.

What Doulas Do Not Do

- I am not a clinician or medical provider.
- Perform clinical tasks such as blood pressure, fetal heart checks, vaginal exams, and others. Doulas perform physical comfort and emotional support, only.
- I will not make decisions for you. I will help you get the information necessary to make an informed decision. I will also remind you if there is a departure from your birth plan.

Failure of a Doula to Provide Services

I will make every effort to provide the services described here. Sometimes this is impossible (for example, with rapid labor). If my failure to attend your birth is due to my error, there will be no charge for my services and I will refund the retaining fee. If it is due to circumstances beyond anyone's control, or failure to call me, I will keep the retaining fee, but there will be no further charges.

Regarding Postpartum Services:

Postpartum services are charged by the hour. A schedule will be agreed upon based on need. If I do not fulfill the requirements of the services agreed upon, I do not receive payment.

I/ We have read this letter describing the doula's services and agree that it reflects the discussion we had with her.

Client

Date

Client's Partner

Date

Doula

Date



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