

## **Connie Staton – Services**

### **POSTPARTUM DOULA AGREEMENT**

Birthing Person:

Partner:

Estimated Due Date or Birth Date:

Address:

The role of the postpartum doula is to assist new parents into their transition of welcoming their new baby home. Support them emotionally and physically, while also allowing birthing parents to rest and heal. Assist with breastfeeding/feeding of baby. Assure they are eating and drinking. Help them process their birth stories (if needed). Listen and validate the emotional journey they are on as new parents without judgment or personal bias. Provide community resources if needed.

#### **Postpartum care may include the following:**

- Assistance with breastfeeding and/or bottle-feeding
- Providing emotional support for both partners and close family members on the adjustment to parenthood
- Meal planning, prep and gathering supplies
- Baby's laundry
- Light dishes; such as clean up after cooking or bottle/pump parts
- Introduction and basic demonstration of newborn care such as bathing, swaddling, and diapering
- Caring for baby so that the new parents can have a break, nap, or shower
- Support and resourcing for physical recovery of the birthing partner
- Simple setup and baby-related organization

#### **Postpartum care DOES NOT include the following:**

- Babysitting
- Heavy housekeeping or cleaning
- Making or influencing medical decisions

**\*\*\* Fine Print \*\*\***

- The client must express, verbally or in writing, their wants and needs of their doula. I do realize these wants and needs will change.
- The client will need to give me at least 24 hours if their appointment needs to be changed or those scheduled hours will be forfeited.
- If I am unable to keep our scheduled appointment, I will offer the choice to call in a backup or reschedule.
- If the client decides not to use all their hours, they may be donated to a family in need, which will be at my discretion.
- Please contact me when you are in labor and within 24 hours of the birth of your baby so we can create my schedule for your arrival home with your newborn.
- I will block off my calendar starting at the 38 week mark of your pregnancy.
- You agree to communicate any and all communicable diseases circulating in your home so that I (or my back up) can take appropriate precautions. I agree to do the same.
- Waiver of Liability: As the express condition of my performance of services under this agreement, you agree, on your own behalf and on behalf of all persons or entities you may bind under California law, to waive and hereby do waive any rights, claims or causes of action that you may have against me (or my backup) now and in the future with respect to your pregnancy, birth, postpartum period or the services your doula may provide and/or fail to provide to you. You expressly understand that, as doulas, we are not medical professionals and therefore cannot and will not provide you with medical care or advice.
- Dispute Resolution: We agree, in the unlikely event that a dispute should occur between us, that all disputes shall be resolved pursuant to California state law stat within the County of Los Angeles and that except as otherwise provided below, the parties to this agreement are not entitled to and shall not receive attorney's fees and/or expenses arising out of any such dispute.
- Responding to Subpoenas and Other Requests for Information: If I am required to respond to a subpoena of my records relating to services I (or my backup) have performed for you, or to testify by deposition or otherwise concerning such services, you agree to reimburse me for my time and all expenses incurred in responding to any such demand, including, but not limited to, loss of earnings, appearing at depositions or hearings, or retaining an attorney.
- All contracts will require a 50% retainer due with signed contract. The balance will be billed weekly and the retainer will be applied to the final hours of postpartum support. I do have a 25 hour minimum for postpartum support and a 6 hour daytime and 8 hour nighttime minimum.
- I will provide you with a written invoice for all hours worked and monies due at the end of my work week. Payment is due that day.
- Payments can be made via Venmo (@Connie-Staton), Check or Cash
- All payments are non-refundable. This assures my availability around your due date.

Please sign below understanding the information and agreement above.

Client:

Signature:

Date:

Partner:

Signature:

Date:

Doula:

Signature:

Date:

Retainer:

Date:

Date Received: