



The Parent Nanny Postnatal Doula Services Agreement

This list gives you an idea of the services I offer. This list is not finite as each client is individual and their situation will be treated uniquely. This list will allow you to see ways in which I can support you, but also outlines tasks which I am not comfortable undertaking.

Emotional

- De-brief on birth experience.
- Listening ear to support a range of feelings, emotions or situations. This can be for the birthing person, their partner and extended family.
- A sounding board for ideas on a range of parenting issues.
- Continuous checking in with emotional and mental health and well-being at each session.
- Emotional support for you partner and wider family.

Practical

- Looking after baby while mum rests/sleeps/showers/attends to other child.
- Helping with an older child.
- Helping with local errands (picking up provisions, dropping things off).
- Supporting with infant care - demonstrating nappies, washing, feeding, safe sleep, swaddling etc.
- Preparing drinks, snacks or meals - making sure mother is hydrated and fed.
- Simple homemade snacks or drinks will be provided.
- Under-taking simple household chores - putting on or hanging up a washing, washing dishes, putting away dishes, light tidying, putting away soiled baby clothes, light hoovering.

Informational

All informational support will be provided as evidence based research and will give you a range of options to choose from. This will allow you to make independent but informed choices on a range of topics, including:

- Infant feeding.
- Safe sleeping.
- Parenting methods and choices.
- Physical recovery for mum (breast care, caesarean care etc).
- Signposting to further services should you or your family need them.

Things which will not be offered:

- Ironing, intense housework (such as cleaning bathrooms).
- Being solely responsible and alone with an older child in the house.
- Changing nappies of an older child.

Package options

1) Hourly Rate (This is a minimum of 2 hours a week.)

£25/hour*

*Added expense of travel charges if located more than 20 miles from my home address. Travel expenses will be charged at £0.45p per mile for the first 10,000 miles.

<https://www.gov.uk/government/publications/rates-and-allowances-travel-mileage-and-fuel-allowances/travel-mileage-and-fuel-rates-and-allowances>

2) Basic package

Includes:

- Postnatal preparation and planning session
- 25 hours support
- Travel expenses *(up to 20 miles from my home)
- All services listed in the agreement
- Telephone/Whatsapp/zoom support out with these hours (within the hours of 8am-8pm)

Price: £700

3) Essential Package

Includes:

- Postnatal preparation and planning session

- 50 hours support
- Travel expenses *(up to 20 miles from my home)
- All services listed in the agreement
- Telephone/Whatsapp/zoom support out with these hours (within the hours of 8am-8pm)

Price: £1200

4) Deluxe Package

Includes:

- Postnatal preparation and planning session
- 75 hours support
- Travel expenses *(up to 20 miles from my home)
- All services listed in the agreement
- Telephone/whatsapp/zoom support out with these hours (within the hours of 8am-8pm)

Price: £1600 per calendar month

Additional top-up services for hourly rate of basic package

- Telephone/Whatsapp/Zoom support £125 per calendar month
- Postnatal preparation and planning session £90

How Payment works

1) For hourly rate packages:

- An initial deposit of £100 will be taken to secure my services for a set start date and scheduled days and times (should the services be cancelled less than 4 weeks before the start date, this deposit will not be refundable).
- Thereafter, payment will be invoiced and due for payment ahead of services on a weekly or fortnightly basis.

2) For Basic, Essential or Deluxe Package

- An initial deposit of £100 will be taken to secure my services for a set start date and scheduled days and times (should the services be cancelled less than 4 weeks before the start date, this deposit will not be refundable).
- 3 weeks before my scheduled start date an advance payment of £400 will be due. The cumulative £500 will be taken off of your first invoice.
- For the Essential and Deluxe Package - the remaining payment for the balance of the package can be paid in full at the start date or in instalments (by arrangement).

Payment can be completed by BACS (Paypal is available for overseas clients for virtual doula services).

Letter of Agreement for Postnatal Support

This letter of agreement is made on _____ between LOUISE DREDGE of 85 MAY BAIRD WYND, ABERDEEN, AB25 3RQ on the one part and (client's name) of (client's address) of the other part. It simply sets out the roles and responsibilities of the two parties.

Responsibility of the client

In consideration of the doula providing the aforesaid help, support and presence during the above period, the client will pay as follows:

Fee:

To be completed by client

Name(s) of Clients			
Contact details (x2)			
Address			
Expected start date			
Expected initial length of support wanted			
Package choice (please circle)	Hourly rate	Basic (# of days & hours)	Essential (# of days & hours)
		Deluxe (# of days & hours)	
Any allergies of clients (i.e. food)			
Signed			
Date			

Role and responsibility of the doula

The doula shall endeavour to help, support and be present with _____ and to give as much practical, emotional and informative support and help as possible. Support and help is limited to the knowledge brought with her as a doula to facilitate a successful transition into parenthood. Please see list of services provided.

The doula will make herself available for (x) hours per day (x) times a week on the following days (XXX) or as otherwise agreed. **This agreement will run for weeks between (date) and (date) for a total of (X) hours.**

Terms and conditions

The client will be invoiced in arrears on a fortnightly basis for the hours agreed in the contract plus any other expenses that the doula has incurred, for example, shopping for the client. The client will pay within 48 hours of the invoice being presented.

The doula will be responsible for accounting and for paying any income tax and national insurance contributions payable on the above amounts.

The client will give two weeks' notice to terminate the agreement.

If the doula terminates the agreement, she will give two weeks' notice and will provide the service during that period. They will also do her best to find a suitable replacement should she leave or be ill and be unable to fulfil the agreed agreement or the two-week notice period.

Signed by



LOUISE DREDGE

(the doula)

(Date)

Signed by

(the client)

(Date)

