

A close-up photograph of a newborn baby's hand and foot. The hand is small and pink, with tiny fingers curled. The foot is also small and pink, with tiny toes. The baby is wearing a white sock with a subtle pattern. The background is a white, textured towel. The overall tone is soft and gentle.

welcome
to DouLaLa

Hello!

I am so happy you are here! Thank you for considering hiring me as your doula. I am so excited to have the opportunity work with you and your family. My goal as your doula is to provide individualized care to leave you feeling empowered, capable and (of course) well rested. I am here to support you in any way you need. In this welcome packet, you'll find detailed information on all things DouLaLa. Please don't hesitate to reach out if you have any additional questions!

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DOULALA

services offered

NIGHT CARE

Night shifts are provided for parents needing extra rest at night. A typical night shift is 8 hours (10pm to 6am) but can be adjusted as needed. Expectations and needs will be discussed before the start date. Night care can be provided immediately after birth or even months after birth. Night time responsibilities are specific to each family, but the typical responsibilities include the following: refilling mom's water bottle, breastfeeding help, bringing snacks, bottle washing, pump part washing, laundry, bottle making, bottle feeding, breastmilk storage, implementing healthy sleep habits, and sleep training. Moms Can choose to breastfeed throughout the night, pump and leave the expressed for me to bottle feed baby, or use formula. I require a place for me to rest throughout the night while the baby sleeps (i.e.) a guest room, or a bed in the nursery. Night shifts can be anywhere from 2 to 7 nights a week. We will go over all of these details before the start date to ensure I am providing the care you need.

DAY CARE

Day shifts are provided for parents needing an extra set of hands during the day. A typical daytime shift is 2-6 hours a day. Expectations and needs will be discussed before the start date. Day time responsibilities are specific to each family, but the typical responsibilities include the following: food prep, bottle washing, pump part washing, laundry, bottle making, bottle feeding, breastmilk storage, running errands, breastfeeding help, providing helpful newborn tips, nursery organization, providing resources and referrals to other professionals if needed, and newborn care. Some parents choose to sleep, get chores done, run errands, or even just relax with your new baby while a trusted pair of hands helps around the house. Day shifts can be anywhere between 2-7 days a week.

SIBLING CARE

Sibling care is provided for parents needing reliable care when they go into labor. As a sibling doula, I am on call from 38 weeks until you come home from the hospital. During this time, you can rest easy knowing that your older kiddos are being well taken care of while you are welcoming your new baby. Whether you're having a home birth, or a hospital birth, having a sibling doula is helpful for those who need some extra hands with their other kiddos. Some responsibilities of sibling care is as follows: comfort and care for the child(ren), keeping up with the routine, food preparation, bedtime routines, fun and engaging activities, transporting to and from hospital to meet their new sibling, and light house work.

The process

FILL OUT THE CONTACT FORM ON KARISSATHEDOULA.COM

After you fill out this form, you will receive an email from me detailing the next steps. Then I will contact you in a second email you to set up our consultation call.

INITIAL CONSULTATION

The initial consultation is the first phone call between you and I. This is when we get to know each other a little bit more, ask questions, and state what exactly you're looking for in a doula. If you don't know what to ask, that's okay! I can guide you through this call. After this call is when you will receive a price sheet via email.

FACE-TO-FACE MEET

The face to face meet is where we get to meet at your home, or in a public place if you prefer! This is where we will go into more detail about prices, contracts, expectations, and details regarding the shifts.

CONTRACT SIGNING/RETAINER PAYMENT/CLIENT PORTAL SET UP

After choosing your package, I will send you a contract which you can electronically sign. The Retainer payment will be do upon signing which you can also pay electronically. After signing and paying, you will receive an email to set up your client portal. This portal allows you to look at files, notes, correspondence and make payments. After the retainer payment is made, my calendar is booked for you (I do not overlap clients).

38 WEEKS (sibling care)

This is when I am "on call" for you! Please keep me updated via phone call or text.

FIRST SHIFT

Night care: The first shift can come along with some anxiety. Some moms like to receive text updates through the night, breastfeed the baby on demand or get as much rest as possible. If I will be in a different room than the baby, I do require a monitor. If you would like to keep a second monitor with you throughout the night, I am 100% okay with that. Whatever makes you feel comfortable. At the end of the night shift, I will send you my notes from the shift with all the details of how your babe did.

Day care: The first shift usually consists of you giving me a rundown of the things you would like me to accomplish that day. Some moms enjoy chatting or sharing their birth story and other moms prefer to keep it short and sweet then head off to sleep or get some sweet baby snuggles. Whatever you prefer is awesome.

OFF-BOARDING

At the end of our contracted time, we will discuss the option of extending or parting ways. I will close out your account, and leave everything in your more than capable hands. Updates and questions are ALWAYS welcome, even if I am not your doula anymore. I will send you an email shortly after to request a referral/review of our time together.

support packages & investment

ONE NIGHT SHIFT

\$34/hr

One night of care

Minimum 8 hours

PACKAGE ONE: POST PARTUM PLUS

\$2200

Minimum 64 hours of post partum care

2 nights a week minimum

Minimum 8 hours

PACKAGE TWO: POST PARTUM PREMIUM

\$2700

Minimum 80 hours of post partum support

3 nights a week minimum

Minimum 8 hours

PACKAGE THREE: POST PARTUM PRESTIGE

\$3200

Minimum 96 hours of post partum support

3-4 nights a week minimum

Minimum 8 hours

SIBLING DOULA

On call starting at 38 weeks

FLAT RATE ONE

\$800

Includes a 2 hours meet and greet with siblings

Maximum 12 hours

FLAT RATE TWO

\$1400

Includes a 2 hours meet and greet with siblings

Maximum 24 hours

ADD ON HOURS

\$30

Any hours after the allotted time is charged at an hourly rate

*discounts offered for families who use me as their post partum doula

EXTRA HOURS - \$35

Any hours added past 8 hours

Hours added with <24 hours notice

DAYTIME HOURS - \$32

Minimum 2 hours

Maximum 4 hours

SIBLING CARE - \$30

Minimum 2 hours

Maximum 4 hours

when to make contact

After you have a antenatal appointment with your care provider
When you are unsure about how you are feeling
When you are having contractions
To ask questions that do not require medical attention
When you need more information on anything
Any emotional support you are needing
When you are needing to change a shift or add on hours (24 hours in advance)
When you are needing any help with breastfeeding or sleep habits
Just to check in
When you are unsure about your emotional state
Feeling overwhelmed or emotionally drained
Anytime you have questions or concerns

contact information

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