

## Mothering the Mother Postpartum Doula Contact

Mother's name: \_\_\_\_\_ Phone number: \_\_\_\_\_

Address: \_\_\_\_\_

Approximate due date: \_\_\_\_\_

Postpartum doulas are individuals who are trained and experienced in providing emotional, physical and informational support to families in the postpartum period. The doula's role is to provide physical, emotional and information support to the new family as well as to help ease the transition into being a family during the first few weeks after their child's birth.

### *Scope and role of the postpartum doula:*

- A doula will not discourage the family from their choices. She will always respect and facilitate those choices. She does not have her own agenda.
- The doula does not perform medical tasks, exams, etc. Her role is strictly providing emotional, physical and informational support.
- The doula cannot make decisions for you. She will help you in getting the information that you need so that you can make an informed decision about what is right for you and your baby.

### *Specific services the doula can provide:*

- Assistance with the transition into being a family and child bonding.
- Emotional support
- Breast or bottle-feeding support
- Teach/model newborn care
- Household tasks/light housekeeping (i.e. doing dishes after a meal, vacuuming)
- Help with sibling transitions into becoming an older brother or sister.
- Someone who is there to "MOTHER" the family.

*Notifying your doula(s) that you have had your baby:* It is important that you contact your doula at 414-378-9524 as soon as possible after your baby's birth so that we can confirm the dates that you will be utilizing the services.

*In the unlikely event that you choose not to utilize the postpartum services after you have signed a contract:* If you choose not to utilize a postpartum doula after you have signed a contract you must contact Mothering the Mother in writing four weeks prior to your due date in order to let us know the services will not be needed. If contacted in writing four weeks or more prior to the anticipated due date then there will be a full refund of monies paid minus the retainer fee (retainer fee is equal to the first 12 hours of service). Please note that notification must be mailed via certified mail so there is no confusion on whether we received it or not. (Please mail to Mothering the Mother c/o Michelle Hardy / 1586 S 81<sup>st</sup> Street / West Allis, WI 53214. If notified any later than that no refunds will be made.

In the event we are unable to perform our duties as a postpartum doula we will notify you immediately. We will give you a full refund of all monies paid for services that have not been rendered.

**The cost is \$ 30/hr with a minimum of 4 hours per visit (minimum contract of 12 hrs).**

If you choose to work with a Mothering the Mother \$360 will be accepted as the non-refundable retainer fee and is due when you sign this contract (this amount is equal to the fee for your first 12 hours of postpartum doula care). If you opt for more than 12 hours of care in your first week the remainder of your first week's fee will be invoiced to you and must be paid before the first day of service. For each subsequent week you would like a doula present you will schedule those days and times directly with Michelle Hardy. Once days and times are set a client will be invoiced for the decided on days and times and the invoice must be paid prior to the doula starting her work week. The doula's work week begins on Monday, so all payments for that week must be made by the Sunday before services are to begin.

Days of the week / hours / number of weeks desired: \_\_\_\_\_

\*This contract is for the hours and number of weeks specified above. If a family chooses not to continue with our services for the full number of hours and weeks then all monies must still be paid in full unless we are notified in writing as stated above within the required time periods.

Special arrangements:

\_\_\_\_\_  
\_\_\_\_\_  
\*I understand that Mothering the Mother and/or any of its representatives cannot be held liable for complications of my postpartum period, with my baby, etc as these people are not medical providers. It is my responsibility to consult my provider if concerns arise, and it is up to me to make decisions for my baby and myself. Due to this I agree not to sue Milwaukee Doula or any of its representatives in the event that something does not go as intended since all decisions lie within me.

\*I understand that at times my doula assists and/or helps train new professionals so there may be an additional professional along assisting, and I am okay with a secondary presence.

\_\_\_\_\_  
Signature

\_\_\_\_\_  
Date

\_\_\_\_\_  
Mothering the Mother

\_\_\_\_\_  
Date