

Precious Beginnings

Doula Services

Postpartum Doula contract for Precious Beginnings Doulas Services:

- Complimentary Consultation : This is a simple meeting to get to know one another and see what services you may be interested in.
- Assistance in caring for your newborn, including breastfeeding support, bathing,dressing,diapering, calming techniques and bottle feeding(if required)
- Assistance in caring for mom, including post-caesarean support
- Education surrounding postpartum mental health and referral to community resources if needed
- Meal preparation,grocery shopping, laundry and other light household chores and errands
- Assistance in establishing a healthy routine for your family and baby
- Guidance in creating a restful atmosphere for you and your family

Limits of my service:

As a postpartum doula, I can not perform any clinical tasks or procedures, including blood pressure readings,medication administration,diagnosis for baby or mom. My role is to provide your family with as much help as you need to get into a new normal.

I will not make medical decisions for you . I can offer you as much informational support as possible in order for you and your partner to make informed decisions regarding you and your baby's well being as needed.

If I believe you or your baby are in need of immediate medical attention, I am obligated to notify the necessary professionals and ensure that help arrives before I leave you.

I will encourage you to communicate with your health care provider and remind you of your goals regarding breastfeeding and postpartum health.

I am not responsible for caring for your baby or other children while you are not home. My role is to support you as you settle into your new family routine. You may sleep, shower or do whatever you like on your own at home while I care for your baby.

I may run errands for you, but can not physically drive you anywhere. If you would like me to accompany you to an appointment or out on an errand, I may ride with you or meet you there.

Extraordinary Circumstances:

In the event that I am unable to attend a scheduled shift , due to a birth or sickness, you will have the option to reschedule the shift or use the services of another postpartum doula. I will no issue a refund.

Confidentiality:

Your information is private and confidential. I will not share your information with anyone other than us. However by signing this contract you acknowledge and agree that your information may be shared with other doulas shall I need their assistance or advice.

Fees and Payments:

Precious Beginnings Doula Services fee for the postpartum support (outlined in this contract) Are \$20 plus hst per hr . Shift need to be scheduled for a min 3 hrs, and a max of 8. A minimum commitment of 8 hours total is required. A deposit of \$160 is required at the time of signing and any payment owing beyond that amount is due at the end of each week by 10pm.

Fees are payable by cash,emt or cheque. Any NSF charges are the responsibility of the client.

Termination of contract:

If you wish to discontinue my services at any time a refund of fees already paid will not be issued,

Failure to abide by the terms of this contract, including personal misrepresentation, failing to maintain contact with me or failing to pay will result in termination of the contract.

I/we have read this contract agreement with Precious Beginnings Doula Services and agree to the terms.

I/We hereby agree to hire Precious Beginnings Doula Services starting:

For the period of time agreed upon.

Print name(client)

Signature(client)

Print name(Client partner)

Signature(client partner)

Precious Beginnings Doula Services Christie Bielaskie