



POSTPARTUM DOULA HIRING AGREEMENT

OVERVIEW

The postpartum period, defined as time after the birth of your baby, is a very special time, deserving of a sensitive approach. A postpartum doula focuses on the needs of both the new parents and their newborn. Doulas nurture the parents by offering practical assistance as well as emotional support, enabling a faster recovery and increased confidence in meeting the challenges of parenthood.

SERVICES

Each family has different needs that may change from day-to-day. A postpartum session provides a check-in on how the last 24 hours has gone, formulation for a plan for the session, and can include anything that feels supportive inside the home.

Examples:

- Breastfeeding support (referral to a lactation consultant if needed)
- Troubleshooting with feeding and sleeping cycles
- Spending time with your baby so you can rest
- Basic household tasks
- Assistance with after-birth healing (sitz bath, emotional support, etc.)
- Organization of supplies
- Helping with baby care and babywearing, guiding you as you learn
- Grocery shopping, errands
- Simple meal preparation
- Overnight newborn care

FEES & SCHEDULING

My hourly rate is \$30. Each visit is a minimum of 3 hours.

NINE MOONS MIDWIFERY

If you live more than 20 miles from the Charlottesville city center, we charge a travel stipend of 55¢ per mile in excess of this distance.

Payment is due at the end of each session unless other payment schedule is agreed upon.

CANCELLATION

Your health and your family's health is important to me and because of this, if I am ill, I will give you as much notice as possible that I will not be able to attend our session.

If you or someone in your family is ill, please inform me as soon as possible. Depending on the illness and my other clients at the time, it may be prudent that I do not make visits until everyone is well.

If I am called to a birth and I will be unable to attend a session or need to leave early, I will either reschedule those hours or provide you with a backup doula.

LIMITATIONS

As a postpartum doula shall not perform any clinical assessments or medical procedures.

As postpartum doula, I do not take over primary care of your newborn or any other children.

Housekeeping is limited to daily cleaning tasks such as dishes, infant laundry, and sweeping and does not include any major tasks such as mopping or cleaning of bathrooms.

I/we have read this letter of agreement describing the postpartum doula services and agree it reflects the discussion we had with her.

Mother's Signature _____ Date _____

Mother's Printed Name: _____

Partner's Signature _____ Date _____

Partner's Printed Name: _____