

Postpartum Doula Agreement

Name: _____ Baby's Date of Birth: _____

Baby's Name: _____ Place of Birth: _____

Partner's name: _____ Relationship: _____

Address: _____

Home Phone: _____

Mother's Cell: _____ Father's Cell: _____

Mother's Work: _____ Father's Work: _____

Mother's Email: _____

Father's Email: _____

Name of Baby's Doctor: _____ Phone Number: _____

Did you or your baby have any medical complications at birth? _____

If so, please explain: _____

Referred by: _____

Names of all members of household:
(other than mother, father, and baby)

Relationship:

Other Information: _____

The Role of a Postpartum Doula

Studies have shown that women whom are cared for by a Postpartum Doula have superior outcomes in adjustment to motherhood. We know that women who experience postpartum support from a Doula have greater breastfeeding success, greater self-confidence, less postpartum depression, and a lower incidence of abuse than those who do not.

A Postpartum Doula provides parents with education on what to expect from a newborn, baby-soothing skills, feeding, bonding and attachment, and coping skills. Fathers benefit from the concrete instruction and role modeling from a Postpartum Doula on how to support a new mother during the weeks after birth. Research tells us that support for and from the father has a significant impact on the father's experience as well for the mother.

As your Doula, I provide emotional, physical, and educational support. I help to take care of the mother and father and help them to adjust to their new roles. I educate the parents on evidence-based newborn care and breastfeeding. I provide facts from the American Academy of Pediatrics and the World Health Organization. I instill confidence in parents to be able to dismiss "old wives' tales" and trust their own parenting instincts.

One of my major roles is to assist the mother with breastfeeding so she and the baby are successful and are able to continue to breastfeed without my help after I leave. I also take care of the baby so the mother can get much-needed rest. It is my responsibility to make life easier for parents and to help them to adjust to the physical and emotional demands of having a new baby.

Fees

My fee for the services described herein is \$_____/hour.

Due to the high price of gas, travel time, and length of hours worked, I may ask for \$_____per round trip for travel reimbursement.

I have read and agree to the above terms. Date_____

Client Signature

Client Name Printed

Postpartum Doula Signature

Anna Marie Nelson CD(DONA), RMT, LCCE, CBE
Postpartum Doula Name Printed

**Professional Doula Service of Dallas
Anna Marie Nelson**

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