



Samhain Birth

Traditional Postpartum Doula Services

“Assisting in motherly transformation”

Letter of Agreement Describing Services

- **What is a postpartum doula?**

The postpartum doula provides in home physical and emotional support after the birth of your baby. As a Western Herbalist Jill cannot diagnosis but offers many traditional remedies for common issues regarding recovery measures, childhood ailments, sleeplessness in mother and baby, anxiety and avoidance of postpartum depression. We provide information on mother and baby care, and offer referrals when appropriate. We offer guidance as you learn to care for and feed your new baby, serve in home prepared meals cooked especially for you and your baby’s own unique constitution, full body hot oil massage in the tradition of Ayurveda, daily herbal tonics to rejuvenate mom, and daily herbal consultation. All herbals are included in the hourly fee, during time of service. We also offer minor household assistance, limited to making sure the kitchen is in better shape than it was when we came in. However, the cleaner the kitchen is when we get there, the less time we have to spend on medial tasks. Mom should not be responsible for this. We offer referrals for housecleaning services.

- **Choosing a Doula**

We prefer to meet with you and your family first before you make any final decision about retaining our services. This does not obligate you in any way. If you choose our services, we will want to meet with you approximately four weeks before your due date to discuss your preferences regarding our services. In addition to in-home doula services, we are available at all times for telephone consultations from two weeks before your due date until the end of your contract.

Your doula will also inform you of the rare times when she is unavailable.

- **Our Services**

Your doula will be available for up to 5 hours a day (with a 3 hour minimum) beginning between the birth of your baby (or discharge from hospital) and the sixth week after giving birth. We need 24 hours notice before the first day of in-home service, and work only Monday through Thursday. The first meal soup (if chosen) will be prepared while you are in labor if we are contacted when labor begins.

For billing purposes, an hour is considered to begin when we arrive at your home at a previously arranged time. If we run errands for you on the way to your home, the hour begins when we arrive at the first stop. Additional hours will be subject to availability and mutual agreement.

In the event of unpredictable scheduling conflicts, we agree to arrange for backup, or refund your deposit.

- **Limitations of Doula Practices**

We do not diagnosis medical conditions in the mother or baby, but will refer you to a health care provider when appropriate.

We do not take over the care of the baby, but assist you in learning to care for your baby's needs.

We do not do heavy housecleaning such as (but not limited to) mopping, cleaning bathtubs, or yard work.

We do not advance you money for groceries, but ask for cash or gift card to make purchases on your behalf.

We will make every effort to provide the services described herein. If our failure to provide services is due to circumstances beyond anyone's control, there will be no charge for our services beyond the \$25 consultation fee, which covers the cost of prenatal consultation, handouts and our availability. If cancellation is due to your failure to call us, we will keep, or you will owe, the agreed upon full cost of service.

You may terminate this agreement at any time and forfeit the deposit of \$50.

- **Fees**

The fees for services described here are to be paid as follows:

\$50 non-refundable retainer fee, due when this agreement is signed.

\$25 consultation fee due at time of consultation visit.

\$10 per roundtrip (covers gas) to homes more than 16 miles from Plainfield VT.

\$25 per hour for postpartum services (unless otherwise discusses and noted here) due at the **beginning** of each week contracted.

Scholarships available.

Samhain Birth Traditional Postpartum Doula Services

Jill Frink-Thompson

PO Box 53

Plainfield VT, 05667

(802) 426-2042

Jill@Vtdoula.com

I/We have read this letter describing Samhain Birth's doula services, and agree that it reflects the discussion we had together.

Client Signature _____ **Date:** _____.

Doula Signature _____ **Date:** _____.