

Lisa Shelley de Brauw
Birth & Postpartum Doula
(DONA trained)
Postpartum Doula Contract

Client's Name: _____

Address: _____

Expected start date: ____/____/____

Expected end date: ____/____/____

Services Provided

Some of my services as a postpartum doula include:

- Baby soothing
- Baby wearing
- Basic lactation instruction assistance
- Bottle feeding support
- Cloth and disposable diapering
- Healthy meal preparation
- Light housekeeping
- Non-judgmental confidential ear for grief and concerns
- Problem solving for new parent concerns
- Processing birth stories
- Referrals for mommy and baby
- Resources for questions
- Sibling adjustment time management

Services NOT provided by a postpartum doula

Postpartum doulas do not diagnose postpartum depression or psychosis. I can provide you with resources for postpartum counselors and therapists.

Postpartum doulas are not babysitters. We are able to help you learn to provide care for you little one while maintain a relationship with your other children but are not hired to babysit your children.

Postpartum doulas are not housekeepers. We can “tidy up” but are not hired to provide cleaning. We can provide you with recommendations for housekeepers.

Postpartum doulas do not provide medical care. We do not distribute medications, change dressings, or give vaginal exams.

Failure to provide services

By signing this contract you have agreed to hire Lisa Shelley de Brauw as your postpartum doula. She will make every effort to provide all of the services described in this contract. If she is unable to continue providing services for the dates outlined in this contract she will provide you with referrals for other postpartum doulas that you may contact.

Cancellation Policy

The client is required to provide the doula at least two days notice for cancellation of services.

Mother's signature: _____

Date: _____

Partner's signature: _____

Date: _____

Doula's signature: _____

Date: _____