



Luna Birth

Prenatal Classes and Doula Services by Amanda Spakowski

604-417-5392

luna.birth@yahoo.ca

www.lunabirth.com

Postpartum Services and Contract

Philosophy of Care

A parent often goes through many highs and lows in the weeks following birth as they celebrate a new child and adjust to a growing family. As a postpartum doula, I help to create a nurturing environment for your transition to parenthood. My intention is not to take over as the baby's primary care provider, but rather to assist you in your new role as parent(s) so that you can more easily bond with your baby and get to know this new, parent 'you.'

What I do

I perceive each client partnership as unique. Each family experiences different challenges and as such, the specific support I provide is adapted specifically to your personal needs.

Some general tasks I may perform as a postpartum doula are as follows:

- ◆ Assist with baby care
- ◆ Process your birth experience. Birth is an event that can affect us deeply and may need some special time to acknowledge the impact it has made in your life. As a doula and prenatal mentor, I provide non-judgmental space for you to process your personal experience of birth.
- ◆ Support your relationship with your partner. Help to find a place for you to be a couple while at the same time, meeting the needs of your new baby.
- ◆ Basic breastfeeding support
- ◆ Cook light meals
- ◆ Perform light house cleaning tasks
- ◆ Help to identify the support services in your community to create a long term network of support for you

What I do not do

At times, the support that may best serve you may be out of my scope of practice. In these situations, I will refer you to care providers or community support services that may better serve your particular needs.

Included in the services that I do not provide are:

- ◆ Counseling. Although my care often resembles that of a mentor, I am not qualified to provide counseling services.
- ◆ Primary baby care. I will care for the baby if you'd like time for yourself while at home. However, I would recommend hiring a nanny or babysitter if you'd like baby care while you are working or would like to have an evening alone with your partner.
- ◆ Diagnose medical conditions or recommend/perform medical treatments.
- ◆ Make decisions for you. I am committed to helping you find the information you need to make decisions for your family and will discuss your options with you.
- ◆ Perform major housekeeping tasks such as vacuuming, washing floors, yard work, etc.
- ◆ Run errands on your behalf.

Cancellation Policy

I am committed to fulfilling my agreed upon services to all of my clients. However, sometimes occasions arise where we may need to cancel or reschedule my services.

- ◆ If I am attending a labour as a birth doula or need to cancel a shift for any reason, you will not be charged for the canceled services. I can however, refer you to a doula who may fill in for me in that time.
- ◆ If you need to cancel a shift for any reason, I require twenty four hours notice and will grant you the same courtesy wherever possible. If this request is met you will not be charged for my scheduled services for that day.
- ◆ If you do not cancel within twenty four hours notice you will be required to pay for two hours of our scheduled time.

Fees

My postpartum services fee is \$20 an hour with a minimum of four hours per shift. A non-refundable deposit of \$100 is required upon confirmation of services and will be applied to the last payment I receive from you. I accept check or cash and will request payment every two weeks upon commencement of services. I will provide receipts for each payment received.

I will keep a daily log of my hours posted on your fridge (so you may keep track of the fee) and in my personal daybook. For billing purposes, an hour is considered to have begun when I arrive at your home at a previously arranged time. Partial hours will be rounded to the nearest half hour.

Agreement of Services

I have read and understand the above explanation of services and agree that it accurately describes the content of our conversation.

Details of specific agreement (start/end date, shifts/week, days of shifts, tasks to be performed, special needs, etc)

Due Date: _____ Phone Number: _____

Client's Name: _____

Client's Signature: _____

(Optional) Partner's name: _____

(Optional) Partner's Signature: _____

Doula: Amanda Spakowski's Signature: _____