

Postpartum Doula Services and Contract

SERVICES I OFFER:

- Help with self-care recovery for birthing person, infant care (including breastfeeding or bottle feeding, bathing, diapering, calming techniques and safety issues)
- Parenting information and tips for parents to help cope with their new responsibilities.
- Preparing delicious and nutritious meals for the whole family.
- Light housework such as baby laundry, dishes, sweeping etc.
- Running small errands and shopping for food.
- Screening for issues with breastfeeding, anxieties and postpartum mood disorders.
- Access to list of support personal such as lactation consultants, massage therapists, osteopaths and naturopaths.

SERVICES I DON'T OFFER:

- I will not transport you or any member of your family although I can ride with you if you need me to go somewhere with you.
- I do not diagnose any medical conditions for birthing person or baby.

FEES AND PAYMENT – BREATHE IT DOWN POSTPARTUM PACKAGE - \$680

Includes 12 hours of postpartum care with the services listed above. A non-refundable deposit of \$300.00 is required upon signing this contract to reserve your care. Postpartum shifts will be booked with a minimum of 3-4 hours. The remainder of the fee should be paid at your first home visit.

Please make cheques payable to **Marjorie Wong** and email transfers to **marjwong@gmail.com**

CANCELLATION AND REFUNDS

In the rare event that I need to cancel a visit, we can either reschedule or I will do my best to find you a replacement for that day.

If you need to cancel or reschedule a shift, please notify me within 24 hours of the visit.

Postpartum Doula Services and Contract

AGREEMENT OF SERVICE

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

Name:

Partner's name (if applicable):

Address:

Phone Number(s):

Doctor (O/B)/Midwife:

Expected Due Date:

Where Will You Deliver?:

Client Signature:

Date:

Marjorie Wong:

Date:
