

Slo Doula

Labor, Lactation and Postpartum Doula Services

by Lisa Boyd

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As your Postpartum Doula:

- ♥ I will respect you, your family, your home and your parenting styles
- ♥ I will not make decisions for you or speak for you; however, I will assist you with information or gently remind you of your decisions we have previously discussed.
- ♥ I will provide you with non-medical, physical, emotional and informational support.
- ♥ I will not provide clinical tasks, medical assessments or evaluations, nor do I provide medical advice or diagnoses for mother or baby
- ♥ My support services do not replace care from your medical provider
- ♥ I will provide you with self-care, recovery, postpartum comfort measures, infant care, parenting information and provide assistance with learning to feed and care for your baby.
- ♥ Support may include preparing simple meals and snacks, assisting with light household tasks, errands and organization and other forms of support as appropriate or necessary
- ♥ I do not provide deep cleaning services but am happy to provide you with referrals if you so wish
- ♥ I am not legally able to provide transportation for mother, baby or family members.
- ♥ If I am unable to provide any postpartum support due to unpredictable scheduling conflicts, I agree to either find a replacement doula or refund your deposit
- ♥ In the event of illness, emergency or severe weather, every effort will be made to reschedule services as soon as I am aware that I cannot keep our appointment. Payment for that day will be applied to future services if already paid.

As my Client:

- ♥ I will communicate my needs as her duties will depend on my priorities and particular needs of that day
- ♥ If I am unable to keep my appointment with Lisa, I agree to give her at least 24 hours notice. If I do not, my deposit will be non-refundable
- ♥ In the event of an illness, emergency or severe weather, every effort will be made to reschedule services as soon as I am aware that I cannot keep our appointment. Payment for that day will be applied to future services if already paid

Service Details:

- ♥ Free consultation to discuss your needs, proposed schedule and to ensure compatibility
- ♥ Prenatal visit at your home (baby care, sibling preparation, childproofing, tailored education, relaxation)
- ♥ Continuous physical and emotional support (listening to whatever is on your heart, observing postpartum recovery, etc.)
- ♥ Baby care education and support {assistance with bathing, feeding, comforting the baby, trimming baby's nails, diapering, organizing the nursery, your home, etc.}
- ♥ Breastfeeding support and resources
- ♥ Preparing simple, nutritious meals and snacks, assisting in meal planning.
- ♥ Maintaining basic housework {baby laundry, vacuuming, emptying garbage, straightening up the house, dusting, dishes, etc.}

