



Postpartum Doula Services and Packages

Support during the postpartum period helps women adjust to their new roles as Mother, whether for the first time or the fourth. Studies have shown that the presence of a supportive person, whether partner or another person, reduces the incidence and/or severity of postpartum depression, and can increase the success rate of breastfeeding.

Mothers used to be supported after birth by their own mothers, grandmothers, aunts, sisters, and friends. As families relocate and schedules do not allow for long visits, Postpartum Doulas have begun to fill that role. A Postpartum Doula can work for a family for one week or up to twelve weeks, depending on the level of support needed. Postpartum Doulas provide emotional & physical support for the new mother, completion of basic daily tasks so that the family can bond and information/education on baby issues.

Postpartum Doulas do NOT diagnose medical conditions in the mother or the baby but will refer you to a health care provider when appropriate. The Hopewell Postpartum Doulas are not lactation consultants but we have training in breastfeeding support, and some have breastfed our own children. We can answer breastfeeding questions and provide support, and will refer you to a lactation consultant as appropriate.

Consultations

It is important to choose a doula you and your partner both feel comfortable with. We offer a free consultation (interview) where you can ask the doula questions about her training, experience and doula specialties. The doula will also ask you questions about where you could use the most help and how she could tailor her skills to meet your needs.

Contracting Services

To retain a doula's services, you will need to review and sign a Postpartum Doula Contract. A deposit is required at contract signing. All of the levels of doula services have a proposed payment plan. Plans can be flexible or a new plan with your needs in mind can be created at the time of signing the contract. The Hopewell Center accepts checks and credit cards (a small surcharge may apply). Discounts are available for widows/widowers and military families.

Our Postpartum Doula Services Include:

- One interview/consultation session
- Prenatal visit at your home (baby care, sibling preparation, child proofing, relaxation)
- Continuous physical and emotional support- listening to your birth story, your fears/frustrations/concerns, monitoring your postpartum recovery, etc.
- Baby care education and support. We can assist in bathing, feeding, comforting the baby, cutting baby's nails, organizing the nursery/your home, and more.
- Breastfeeding or supplementing support. We can help with breastfeeding, pumping, supplementing and proper equipment cleaning.
- Baby massage (demonstration and support)
- Preparing simple, nutritious meals

- Maintaining simple housework like laundry, vacuuming, emptying garbage, straightening up the house, dust, wipe down bathrooms, dishes, etc...
- Watching the baby and/or older children so Mom/Dad/Partner can rest
- Transportation, if needed
- Running errands
- Assistance with child proofing your home
- Assistance in creating a home schedule
- Assistance with photography and/or videotape
- Referrals to other professionals, as needed
- Lending library of reading materials and video
- Unlimited telephone and email contact
- On-call (limited) during the time of service



Postpartum Doula Service Availability and Fees

A minimum of two four-hour shifts is required (a minimum of 8 hours) to retain services.

Hopewell Postpartum Doulas are available during the day, evenings, nights and some weekends.

The fee for the Hopewell Postpartum Doula Services is \$25/hour.

This is our fee regardless of the day* of the week or time of day you use our service!

** Fee increases to \$35/hour for the 24 hours before and after national and personal holidays.*

When not purchasing the service or a package in full, a deposit of \$200 is required.

Hopewell Postpartum Doula Packages

Welcome Mother Package...\$90.00

A little nervous about your homecoming? Excited by the idea of having non-judgmental, educational support to ease your transition from hospital to home? This package is for you -- Four hours of continuous support. *Saves you \$10!*

Welcome Baby Package...\$180.00

Now that baby has arrived let us give you the VIP treatment at home with in-home education and pampering. Two 4-hour daytime sessions (8 hours total). *Saves you \$20!*

The Spoiler...\$700.00

Having extra help not only aids in mom's healing, but creates a calm environment for the family. This packages includes eight 4-hour daytime sessions (32 hours total) to be used over a 30 day period. *Saves you \$100!*

Extended Care...\$975.00

Unlike our other packages, this packages can be utilized during nighttime hours! Care provided in any combination of 4-hour daytime shifts and 8-hour nighttime shifts (48 hours total) over a 30 day period. *Saves you \$225!*

a la Carte Services and Extras

Add Massage to any doula package... \$60

Massage has many benefits, especially [during pregnancy and after birth](#). When you add a massage to any package, receive a special discount price of \$60 for a 60 minute massage (regularly priced at \$65).

Birth Ball... \$20

A Birth Ball is a great tool to get your body ready for labor and baby. It is also wonderful for postpartum fitness and soothing a fussy baby.

Herbal Foot Soak & Hand Massage... \$25

Aahhh... Our homemade foot soak soothes aching feet and ankles and allows you to relax. While your feet soak in a warm tub, the aromatherapy eases your tension. Meanwhile your doula will massage cream or oil into your hands to deepen your relaxation. You choose your scent and lotion/oil.

Decorative Birth Time-Line... \$20

This is an account of the day (or days) of your labor and delivery from your doula's perspective. It will include everything from the time you first called the doula to the moment she left the hospital. It may also include the doula's observations of the mother in labor, the relationship between the mother and her partner and the doula's opinions of the birth. Our doulas make every effort to take excellent notes during your labor and delivery and will include every little detail in the time-line. This is a beautiful memento to share with family and friends... and with your child as they grow.

Personalized HypnoBirthing (relaxation) Audio CD/Cassette... \$35

Deepen your relaxation during with a personalized audio CD. Our staff Certified HypnoTherapist will contact you to inquire about your specific concerns or areas of concentration. The CD includes guided relaxation, positive affirmations and focused relaxation with your specific fears/worries/tensions addressed. After listening to this CD during your pregnancy and while in labor/delivery, most experience a deeper sense of relaxation and a more intimate birth experience. These CD's are also available to help your relaxation postpartum.

Unlimited Mileage... \$50

Due to rising fuel costs, mileage for doula services is limited to 100 miles of travel from the consult to postpartum visit. You can save on mileage by holding your consult and one/all your prenatal meetings at our office or by purchasing our Unlimited Mileage package.

Insurance/Reimbursement Consultation... \$25/hour

Want to get reimbursed for any of the services at The Hopewell Center? This consultation will provide you with all the forms and information you need to be successful! (These consults usually last one hour.)