

# BEYOND BIRTH POSTPARTUM DOULA SERVICE

The Beyond Birth Postpartum Doula Service is designed to understand and assist with the needs of a new mother and her family. By providing “extra hands,” a calm and supportive attitude, and informational support, the doulas encourage new mothers to find their own mothering skills.

With the help of a doula, you can enjoy getting to know your baby and shaping your new role as a parent. Instead of a stressful, anxious time, the doula can help make bringing your baby home a welcomed special event. Our doulas provide care and support in the following areas:

## Basic Mother Care

- Daily routine
- Hygiene
- Breast care
- Bathing
- Meals
- Emotional support/one-on-one parenting information
- Bonding
- Relaxation and stress-reducing techniques
- Pampering

## Basic Infant Care

- Bathing
- Diapering
- Feeding (breast/bottle)
- Bottles/breastfeeding support
- Cord care
- Circumcision care
- Mothering instincts support

## Daily Routine

- Light housekeeping
- Light laundry
- Special attention to siblings
- Rest periods
- Light meal preparation
- Referral and resource information

## Rates

The Beyond Birth Postpartum Doula Service is available in two-hour increments for a fee. The recommended time is 10–14 hours. Scheduling hours are Monday through Friday, 9:00 a.m. to 3:00 p.m. Doula care is provided in the mother’s home with a schedule set by the mother and doula.

The initial visit is four hours for \$80. After the initial visit, each two-hour session is \$40.



## Beyond Birth Postpartum Doula Service Rates and Contract

Please fill out and sign the information below, complete the interview form and submit these forms with your payment to the following address:

Lexington Medical Center  
Labor and Delivery  
2720 Sunset Blvd.  
West Columbia, SC 29169

Upon receipt of your forms and payment, we will contact you. Call (803) 791-2631 with any questions.

RATES FOR EACH VISIT		AMOUNT
REQUIRED Initial Visit for 4 hours		\$80
*Number of Additional Visits (2-hr. increments)	@ \$40 per visit	\$ _____
TOTAL		\$ _____

\* The recommended number of hours of doula care is 10–14 hours.

I agree to the fees for the Beyond Birth Postpartum Doula Service. I understand that the doula and I will arrange my contract hours, which are available Monday through Friday, 9:00 a.m. to 3:00 p.m.

Signature

Date



## Beyond Birth Postpartum Doula Service Interview

Mother's Name: \_\_\_\_\_

Address: \_\_\_\_\_

City: \_\_\_\_\_ State: \_\_\_\_\_ Zip: \_\_\_\_\_

Phone Number: \_\_\_\_\_ Emergency Phone Number: \_\_\_\_\_

Secondary Contact: \_\_\_\_\_ Phone Number: \_\_\_\_\_

Significant Other and Relation: \_\_\_\_\_

Work Phone Number: \_\_\_\_\_

Directions to Home from Hospital: \_\_\_\_\_

\_\_\_\_\_

Due Date: \_\_\_\_\_ Birth Plan: \_\_\_\_\_

Your Doctor's Name: \_\_\_\_\_ Phone: \_\_\_\_\_

Name of Your Baby's Doctor: \_\_\_\_\_ Phone: \_\_\_\_\_

Is this your first child? ☐ No ☐ Yes

☐ Breastfeeding First time? ☐ No ☐ Yes ☐ Bottle Feeding First time? ☐ No ☐ Yes

Do you smoke? ☐ No ☐ Yes Is your home a smoke-free environment? ☐ No ☐ Yes

Do you have pets in the house? ☐ No ☐ Yes If so, what are they? \_\_\_\_\_

Who lives in the house with you? \_\_\_\_\_

Who else will be caring for your baby? \_\_\_\_\_

Will this person be around during doula visits? ☐ No ☐ Yes

Do you anticipate any family conflicts? ☐ No ☐ Yes

If yes, what can we do to help? \_\_\_\_\_

\_\_\_\_\_

Are there any cultural or religious beliefs that we should be aware of? \_\_\_\_\_

\_\_\_\_\_

Are there any medical conditions that you or your significant other may have? \_\_\_\_\_

\_\_\_\_\_

How can we help you manage visitors? \_\_\_\_\_

Will you need our help answering the phone and passing along information? ☐ No ☐ Yes

If so, what would you like us to say? \_\_\_\_\_

\_\_\_\_\_