



Full  Circle
POSTPARTUM CARE

BY APPOINTMENT
7903-14 AVE SW
EDMONTON, AB | 587-521-2717

www.yegppdoula.com

The Role

of the Postpartum Doula

Professional care, Individualized for each family
and their unique needs

The CAPP A certified postpartum Doula, Certified Postpartum Doula (CPD) has been put in place to ensure public safety and security for families and doulas easily clarifying her roles and responsibilities set forth by her certifying body.

Full Circle doulas follow the circle of respect for families and others. As a certified doula in practice, our doulas follow a code of conduct, the postpartum doula scope of practice, professionalism and following the CAPP A approach to care

Postpartum Doulas are skilled support persons who act as consultants and resources, not clinicians. They therefore work with the healthcare system by encouraging and promoting excellent communication between the new family and the health care team, encouraging informed decision making and self advocacy, supporting the choices of the new family, providing non-clinical care, and offering appropriate referrals when their observance or counselling uncovers situations that require healthcare attention or support.

CAPP A Postpartum Doulas are non-clinical professionals. CAPP A Postpartum Doula courses do not qualify a professional to act as a medical care provider.

CAPP A Postpartum Doulas do not dispense medical advice, diagnose medical conditions, interpret medical diagnoses or clinical results, perform clinical procedures, or prescribe/administer medications or treatments of any kind.

Our Doulas provide non-biased emotional, physical, and informational support during the postpartum period. Encourage the family to seek care that reflects their values and needs. Models and teaches effective communication. Encourage informed decision making. Support the physical and emotional healing of the mother Provide information on care options and resources for the mother and newborn. Support and assists with infant feeding. Educate the family on newborn care and characteristics. Provide support to the new mother, partner and/or family. Assist with household organization.

Next Steps

in securing your care

Book your Full Circle Doula in advance and be sure you have the care you need, when you need it.

Postpartum Services upon request, but are not limited to: Grocery shopping and errand running the night before shift and return the next day, infant care while mother rests, educating the family in baby care and feeding methods following the physicians orders or that of the guidelines of the Canadian Paediatric Society; light housekeeping, laundry, loading and unloading dishwasher, escorting mother and baby to followup appointments; providing resources as needed. Limits of Practice

Our Doulas do not provide medical care or advise, although well versed in normal postpartum recovery period and infant care. Should we feel the course of recovery is not going as planned, we will advise you to contact either your physician/midwife, or the baby's doctor.

Our doulas are not counsellors or therapists, but can provide a listening ear and support. We do not replace psychological advice and care plans otherwise deemed from these professionals. We do not scrub floors, clean bathrooms, stoves, windows or other heavy household chores, neither do we babysit or transport mother or baby in our car. Our doulas reserve the right to refuse to perform any duties that they feel are out of scope or may endanger their physical well-being.

What services are you requiring?

Do you need overnight support or basic daytime care for a few hours a week? How many hours do you wish to secure each day? This will depend greatly on your needs.

What do you want your visits to include? educational aspects, breastfeeding support, ability to nap or shower?

Advanced booking is required to secure a postpartum doula is available for your requested time. Until booking is secured, we will do our best to meet your required days and times, but cannot guarantee until final booking is confirmed.

Once the contract has been defined and set, we will do our best to secure a postpartum doula for your requested support services. Once confirmed, an agreement will be signed and a retainer fee for the amount of 50% will be required with the contract to secure your booking with us.

Let us know what your looking for and how we can best suit your needs.

Rates

for the services you need

Our doulas request a minimum of three hour shifts, however four hour shifts are more effective; Statutory holidays will be paid at a rate of time and a half per hour.

The daytime hourly fee is \$30.00 hour for singletons and \$35.00 hour for multiples. Night-time hourly rate is \$40.00 hour for singletons and \$45.00 hour for multiples.

At the signing of the contract and prior to the commencement of services, **a non-refundable retainer fee of 50% of total contract**, is payable to Full Circle Birth Collective.

This retainer fee is held and distributed to doula during the last half of the contract. prior to the commencement of the first half of the contract the remaining full payment must be received at the Full Circle office,

After 2 weeks of the contract which has been completed the second instalment is payment is due. and must be paid to complete the remaining contract. At that time we can always re-evaluate if you need to reduce the hours or add more on to the original contract, depending on your postpartum doulas availability.

"The majority of our doulas are CAPP trained. However, some may be certified through other organizations or at various stages in their certification process.

Full Circle Postpartum is Edmonton's .is dedicated to connecting families to doulas who will provide them with an excellent level of care and support, they are seeking.

If you discontinue service before the contract is finished, an additional penalty of 20% will be levied.

Other Postpartum

services we provide

For the new mama we offer a variety of support services such as Belly binding using the Benkung method and ceremonies for "closing of the bones" following birth. Inquire to learn more.

Packages

for your family's needs

We have a variety of packages to meet your needs, we also offer customized packages you can create on hours and length of time you need.

- Custom Package varies based on hours \$30 daytime for singleton
- Doula for the day 4 hours Investment \$120.00
- Breastfeeding session 1-2 hours Investment \$75.00
- The Overnighter 24 hours Investment \$840.00 this includes 3 nights
- Double the Grins; multiples Investment \$520.00 includes 8 hours overnight and 4 hours daytime
- Doula Daytime Package 24 hours Investment \$600.00 5 sessions of 4 hours
- First Week Home Package 10 hours Investment \$300.00 broken up in a few shifts
- Reassure, 12 hours Investment \$360.00 this includes three 4 hours shifts for daytime support.
- Replenish 20 hours Investment \$600.00 this includes 5 shifts of 4 hours total each shift, both day and nighttime support.
- Recharge 40 hours Investment \$1,200 this includes 10 shifts of four hours each, both day and nighttime support
- Reinvigorate 80 hours Investment \$2, 400 this includes 20 shifts of four hours each shift both day and nighttime support.
- Postpartum planning session 2 hours Investment \$65.00 this includes workbook.

Our support includes text and email support as needed, information and resources, baby care support and guidance, chest and breastfeeding support, light housekeeping, meal preparation, sibling adjustment support and postpartum planning sessions can be made in advance.



Full  Circle
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Postpartum Doula Agreement

www.yegppdoula.com

Agreement of postpartum services

Outline of agreement details and fees for services

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At the signing of the contract and prior to the commencement of services, **a non-refundable retainer fee of 50% of total contract**, is payable to Full Circle Birth Collective. This retainer fee is held and distributed to doula during the last half of the contract.

Prior to the commencement of the first half of the contract the remaining full payment must be received at the Full Circle office, If you discontinue service before the contract is finished, an additional penalty of 20% will be levied. Please note as a courtesy, **24 hour notice must be given for any shift changes, requests for errands or grocery pick up** or you will lose the fee paid for that shift. Start and end of Doula shift will include any unforeseen transfers between hospitals.. Any items purchased for the family will be billed accordingly and added to your payment agreement. We ask if requesting grocery pick ups cash or e-transfer is sent to cover these expenses in advance.

SPECIAL CIRCUMSTANCES

Please write in space below details of any special requirements that we may need to consider in caring for your family. Any allergies or dietary restrictions, mobility issues, schedule needs etc.

CARE PLANS FOR MOM AND BABY;

Please let us know if there are any specific care plans established by your health care provider for you and your infant.

We are seeking this care specifically to help us with addressing these concerns:

Agreement of postpartum services

Outline of agreement details and fees for services

Limits of Postpartum Doula Practice

We do not provide medical care or advice, although we are well versed in the normal postpartum recovery period and newborn care.

We can not administer any medication.

Due to liability, we can not transport the mother or baby in a car.

We reserve the right to refuse to perform duties that we feel may endanger our physical well-being. We will not be performing the scrubbing of floors, toilets or household appliances, house cleaning services or heavy house cleaning tasks.

Scope of Practice Term

The newborn period from birth to three months of age. Occasionally depending on the gestational age at birth, twins or special circumstances, the contract term may be extended for a longer period, but it is dependent on the doula and availability.

In the event of illness or in the event of a Public Health Crisis,

The postpartum doula will notify you of any health concerns or illnesses which she feels may be contagious and provide the opportunity to reschedule her shift or arrange another doula to come in her place (if available). In the event public health mandates closure of our services, the option for online support can be obtained or services can be held until such restrictions are removed. We ask families to disclose any symptoms or unknown exposures they may have encountered. and let us know if they have any safety measures they wish from both parties involved.

Parent Expectations

The parent understands what to expect in daily care with the baby/babies and agree to discuss with our postpartum doula(s) any expectations for the day before each shift begins. They agree to pay the amount above on the scheduled times allocated in the contract and provide adequate notice of any changes to the schedule or contract to the Administrative team and not the Doula.

Agreement

of postpartum services

Outline of agreement details and fees for services

Rescheduling a pre-arranged postpartum shift with our team

We ask our clients to provide 24-48 hours notice of any changes to the schedule, in order to provide the opportunity to reschedule accordingly, we do our best to accommodate these changes, however, we cannot guarantee. All changes or contract issues must be made directly through our Administration staff only, not the postpartum doula.

Please fill out the following for our records,

We would like to customize our own package ____ yes. ____ no

We want this # of hours total in our package____ We want shifts to be____ hours long in length and for this number of days____ in a week.

We want this number of weeks____ of postpartum care.

We would like to purchase the following package

I am flexible on the days and times ____ yes ____ no

I have a specific request ____ yes ____ no, This entails the following

Total contract \$_____ Retainer \$_____

Retainer is due at contract signing, remaining amount due 2 weeks in or when 1/2 of the contract is filled.

Signature of Parent_____, Date_____, _____

OUR POSTPARTUM CLIENT'S DETAILS Please print neatly for our records.

Mother_____Partner's_____Cell:#_____

Baby's name_____Email_____

DOB/ EDD of Baby_____ weight_____

HomeAddress_____City_____

_____ Is this on the GPS? ___yes ___no_____

Address where service will be delivered, if different from above

Apt#_____/_____City_____

_____ Doula Chosen _____ for _____ hours

per day. For _____ days per week (circle which applies) M T W TH F S Sunday for

_____ (#) of weeks. Contract is to begin on _____, 20____ ending on

_____20____ or to be determined, we suspect we will need assistance around

this time period_____ to _____, 20_____

PLEASE, SIGN & DATE We have read this information package describing role and services.

We agree to the terms of the services described and payment schedule outlined .

_____/_____

Client's Signature DATE

Partner's Signature DATE

_____ Contracted number of hours total _____

Has the retainer fee been received for 50% of the total contract? ___yes ___no

The next payment is due on _____, 20_____

Do any of those dates fall on a statutory holiday? ___ yes___no, if yes, which days_____

We are aware there is an additional charge for these dates specifically and will add that to our total amount owed for this service.

Contract

of postpartum services for twins

This is a contract for postpartum doula services between Full Circle Postpartum Care Doulas and

(mother's name) _____ and

(partner's name) _____ for the

postpartum care of our babies _____ and _____

on this date, _____, 20__ /

Twins Due date _____, ____ or C/Sec date _____

We agree to hire Full Circle Postpartum Doulas or other back up doulas in their team that may be called out in the event they are unavailable for the total amount of ___ daytime hours at the rate of \$___/hr and ___ overnight hours at the rate of \$___/hr.

The total cost of this contract is \$_____

A non-refundable retainer fee for the amount of \$_____ is due on signing of this contract and must be obtained before the first scheduled postpartum doula care date that has been allocated, as outlined in your calendar.

The remaining balance of \$_____ will be **due on** _____. If the service is discontinued before the end of the contract, the retainer will be used to payout all hours that of service provided. An additional 20% will be levied against the retainer for administrative purposes. Late payments will be subject to a penalty of 1.5 % (compounded monthly)

Extended Contract

of support services (optional)

This is a contract for extended support services between Full Circle Postpartum Doulas and

(mother's name) _____ and

(partner's name) _____ for the

care of our babies _____ and _____

on this date, _____, 20__ Doula name: _____

We agree to hire Full Circle that may be called out in the event they are unavailable for the total amount of _____ daytime hours at the rate of \$35/hr and _____ overnight hours at the rate of \$45/hr.

We will discuss the dates requested with Full Circle Postpartum and see what is obtainable according to their schedule and availability.

The total cost of this extended contract is \$_____

A non-refundable retainer fee for the amount of \$_____ is due on signing of this contract and must be obtained before the first scheduled support of Full Circle Postpartum Doula's scheduled date that has been allocated, as outlined in the calendar.

The remaining balance of \$_____ will be **2 weeks before the last scheduled visit**

If the service is discontinued before the end of the contract, the retainer will be used to payout all hours that of service provided. An additional 20% will be levied against the retainer for administrative purposes. Late payments will be subject to a penalty of 1.5 % (compounded monthly)

We ask that the remaining amount of contract is **due on _____ and to be paid in full** before this new extended contract is filled and returned with the deposit.

Details of support services

Due to liability, we can not transport the client or baby in a car. We reserve the right to refuse to perform duties that we feel may endanger our physical well-being. We will not be performing the scrubbing of floors, toilets or household appliances, house cleaning services or heavy house cleaning tasks. We can not administer medications of any kind. Case by case situations we may be able to stay with baby for short periods to help facilitate mental health and urgent matters.

We understand what to expect in daily care with the baby/babies and agree to discuss with us any expectations for the day before each shift begins. We agree to pay the amount above on the scheduled times allocated on the first page of the contract

Please print and sign.

(Mother's name printed)

(Father's name printed)

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Signatures of both parents:

-----&-----

on this date -----, 20--.

Note: This will need to be approved by our administration staff to ensure we have availability. Once confirmed invoice will be issued and retainer expected to secure this booking. In the event you wish to extend a contract or add more hours feel free to discuss with your doula her availability. Administration tasks such as contract agreements and payments are to made **through our office** at all times.