**Contract for Postpartum Doula Services**

***With Katie Houlihan, Badass Wellness Denver LLC***

***For [TBD - INSERT BABY MAMA NAME HERE]***

Thank you for choosing me as your postpartum doula!

I am very excited to work with you!

***What is included?***

-Whatever mama needs!

-Dedicated one-on-one support for 12 weeks

-Think of it as a *Choose Your Own Adventure* novel

-We will design a custom wellness program for mama

***Options:***

* **Routine:** goal-setting (e.g. back to work date?)
* **Nutrition:** I will bring meals and prepare meals in your home. We can choose Ayurvedic recipes or find something your family loves!
* **Space:** opening/closing ceremony, prayer, meditation, mother wisdom readings
* **Body:** light massage, pelvic floor exercises, breathwork, yoga, prayer/meditation, lactation assistance, foot baths, marma techniques
* **Sleep:** good sleep hygiene is God’s medicine
* ***I reserve the right to refuse any request I deem unreasonable***

***What is not included?***

I do not transport mama and baby in my vehicle and I do not pay for groceries.

***Sick Policy***

If I am sick, I will not come to your home. I am willing to serve you in your home if you or your family members are sick. I will care for you and help you get better.

***Supplies***

You pay for groceries, oils, any supplies we need. I pay for gas/mileage.

***When are services provided?***

I am primarily available 11am to 2pm Monday through Friday. I only serve one mama at a time.

***Pricing***

*This is an investment in your health! You will easily find the money for me because of what you can potentially save on baby formula, eating out, psychological therapy, etc.*

* Determine if you want my services for 10, 15 or 20 hours per week
* Then select one my three packages
* I collect a deposit - half upfront
* The deposit is due on the date this contract is signed
* It is nonrefundable
* It must be redeemed within 12 weeks after the day baby is born
* If my own mother becomes gravely ill, I will give you a prorated amount of your money back because I will need to place my physical body in San Diego where she lives to work that out. I will help you find a postpartum doula to replace me.

| **Package** | **Time** | **When** | **Hours Per Week** | **Cost Per Hour** | **Cost Per Week** | **Total** | **Retainer / Deposit** |
| --- | --- | --- | --- | --- | --- | --- | --- |
| *Basic* | 11-1pm | M-F | 10 | $50 | $500 | $6,000 | $3,000 |
| *Pamper* | 11-2pm | M-F | 15 | $50 | $750 | $9,000 | $4,500 |
| *Deluxe* | 1030-230pm | M-F | 20 | $50 | $1,000 | $12,000 | $6,000 |

*\*Hours are promised but flexible. For example if you would like a date night with your husband, we can bank some hours and use at a different time for your special occasion!*

***Please Sign Here***

---------------------------------------------------------------------------------------------------------------------Katie Houlihan CLIENT NAME

Postpartum Doula ADDRESS

303-961-1044 PHONE

[badasswellnessdenver@gmail.com](mailto:badasswellnessdenver@gmail.com) EMAIL