

The Sunny Doula

Support that feels like sunshine

Postpartum and Booking Frequently Asked Questions

Booking

When should I book for postpartum shifts?

- I encourage families to book before baby arrives or as early postpartum as possible in order to have scheduling priority and to leave you feeling cared for.
- After booking a consultation and being accepted as a client, shifts are booked at least 2 weeks in advance. To be able to secure the times you would like in advance I recommend you book out for the length of the package you have chosen. (But needs vary per week and that's okay!)

Is there a minimum amount of shifts I need to book?

- You are required to book at least one shift a week for every package you get. Please visit each package option to see what time frames they provide. The sunset and sunrise package is a minimum of 4 hours (see example time frames) and the sunshine package is a minimum of 4 hours booked at the time frames you need.

Contracts and Deposits

- An intake form, service agreement, and media form will be provided and must be read through and signed before services begin.
- A non refundable retainer fee of \$200 is required upon signing a contract. This is to ensure scheduling and booking priority.

Payment

- All working hours throughout the duration of the contract will be paid at the hourly rate per package. Invoices will be sent at the end of every week on Fridays and must be paid within 72 hours. Payments can be made via check, bank wire, or ACH.
- As a newly certified doula I am still navigating the world of insurance, and other payment methods families can use for doula services. As of right now I am unable to accept insurance. DONA does meet the criteria to use Carrot! Please look at your specific carrot coverage to see your family's personal plan.

Hourly Rates

- The Sunrise and Sunset Packages: \$32 an hour
- Sunshine Package rate: \$30 an hour
(rates for multiples may differ)

If you and your family are experiencing a financial burden for the time being, I offer flexible payment plans for certain situations. Please reach out to Ava directly to discuss more.