

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 choose. Please visit each package option to see what time frames they provide. All packages are a minimum of 4 hours, with a different maximum due to each packages time frames.
- I encourage all families to stick with the same times throughout the duration of your package to allow schedule priority.
- Example: If you choose 4 weeks of the sunset package, it is ideal to book the same 6pm-12am slot for those 4 weeks.

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 working on accepting all major insurances. DONA does meet the criteria to use Carrot! Please look at your specific carrot coverage to see your family's personal plan.

Package rates

- For every package, the minimum 4 hour block it is a flat rate of \$140 any additional time after that block is charged at the rate of \$32 an hour.

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.