

I. Scope of Work

- A. **Services Rendered.** The DONA postpartum doula provides non-medical support for the postpartum transition primarily in the client's home. For the postpartum client, this may include assisting with and supporting physical recovery, emotional transition, sleep, nutrition, household organization, and family adjustment. Additionally, the doula may assist with and support newborn care, feeding, sleep, and sibling adjustment. The doula abides by the NEAR principles: nurture, educate, assess/advocate, and refer. The doula nurtures the entire family, fosters evidence-based learning on lactation, sleep, emotional health, and other practical needs. The doula assesses the family's changing needs and advocates for the family. The doula makes referrals as necessary.
- B. **Practice Parameters.** DONA International Standards and Certification apply to emotional, physical, informational support and advocacy only. DONA International postpartum doulas do not perform clinical or medical tasks. The DONA International doula will not diagnose or treat in any modality.
1. If the doula has qualifications in alternative or complementary modalities (such as aromatherapy, sleep consulting, massage therapy, IBCLC services, etc.), the doula must clearly indicate that these modalities are an additional service.
 2. If the doula has qualifications in the medical field (such as a nurse, chiropractor, occupational therapist, or physical therapist, etc.), the doula must clearly indicate that these services are an additional offering.
- C. **Advocacy.** The DONA International postpartum doula upholds the fundamental belief that the individuals and families they serve must remain at the center of their perinatal care experience. In every setting, the DONA International postpartum doula fosters client autonomy and supports informed decision making, encouraging the client to express their values, preferences, and goals. With deep respect for the client's hopes, needs, and choices, the doula actively listens, honors the client's voice, and reiterates it within the household and the broader care team. This commitment to dignity, respect, safety, and agency is essential for ethical, person-centered, trauma-informed,

and culturally relevant care. The DONA International postpartum doula is to stay informed about the disparities that affect marginalized communities and prepare to recognize, advocate, and support families whenever such inequity and harm occur during their service.

1. When mistreatment or harm is witnessed, including but not limited to neglect, physical, verbal, emotional, and/or financial abuse, etc, the DONA International postpartum doula should center their client's experience, and support their processing of the information, including but not limited to understanding their rights and providing guidance on how to report the incident through appropriate channels.
 2. DONA International postpartum doula advocacy includes speaking up in the best interests of the client clearly and respectfully to acknowledge what has occurred. This advocacy may occur in the moment or at a later date, when it is safe to do so, when mistreatment, obstetric violence, and/or harm is witnessed. The doula may also retain a written record of the incident.
 3. The DONA International postpartum doula is encouraged to participate in local, regional, national, and global advocacy efforts to promote respectful, person-centered care practices in all perinatal settings and contribute to a culture of accountability and dignity in perinatal care.
- D. Referrals - For client needs beyond the scope of the doula's training, referrals are made to appropriate resources.

II. Continuity of Care

- A. The DONA International postpartum doula should make reasonable efforts to provide services as outlined in their contracts. Should any DONA International postpartum doula feel a need to discontinue service to an established client, it is the DONA International postpartum doula's responsibility to notify the client in writing and refer to potential replacements, if the client so desires. All rescheduling and backup arrangements, including if a backup is not an option, should be clearly stated in the contract/letter of agreement.

III. Applicability

The DONA International Postpartum Doula Standards of Practice guide:

- DONA Postpartum Doula Certification Candidates (all those within three (3) years following their DONA-approved postpartum doula training workshop who are pursuing DONA Certification); and
- DONA Certified Postpartum Doulas.

Signature: _____

Printed Name: _____

Date: _____

By signing this document, I agree to abide by DONA International's Postpartum Doula Standards of Practice.