

Mothering the Mom
Postpartum Doula Services of North Virginia
12035 Forbes Glen Drive
Herndon, VA 20170
703.318.6741

Date: _____

Insurance Provider Address: _____

Dear _____,

If a new medical breakthrough could provide women who have just given birth fewer cases of postpartum depression, better breastfeeding success rates, increased parenting skills, gentler transitions into new roles as mother and father, positive physical recovery of mother postpartum, most doctors would use this technology as often as possible. And of course, insurance companies would be happy to pay for the use of this technology because, in the end, it would be extremely cost effective. It would benefit women, babies, doctors, nurses, hospitals, and the insurance industry.

You may be surprised to learn that trained, professional, postpartum support assistants (doulas) can do just that! Medical research shows the positive effects of postpartum support. The enclosed packet of information summarizes the relevant studies.

The word doula comes from the Greek and now refers to a trained, experienced health care professional who provides continuous physical, emotional, and educational support to mothers before, during, and after childbirth. Doulas of North America (DONA) is the oldest birth support and postpartum doula certifying organization in America. For more information about DONA, see their website at www.DONA.org, or call 801.756.7331.

Our client, _____, hired one of the professional postpartum doulas from our service to assist with one-on-one postpartum support services after the birth of her baby. Her reason for contracting for professional support services was:

By serving her and her family, the in-home postpartum support doula has contributed to the successful postpartum healing and transition into her new role and responsibility as a mother. Included in her professional home support services were:

- Assistance to the mother for the postpartum care of her body, as well as following her doctor's discharge orders for her recovery
- Assistance in providing nutritious snacks and meals to the mother and family, keeping her well-hydrated and nourished so she can recover from birth and be able to successfully breastfeed her child
- Assistance with the smooth transition for all family members into their new roles as mother, father, and siblings
- Validation and enhancing of the mother's ability to nurture and care for her new baby,
- Assistance with breast and/or bottle feeding of new baby
- Care and assistance with big brother or big sister

- Accompanying the mother on her obstetric and pediatric visits
- Running of errands such as picking up medications or infant supplies
- Instruction, education, demonstration, and assistance with newborn care to include bathing, feeding (to include either bottle or breastfeeding instruction and support), cord care, circumcision care, soothing, comforting, sleep, diapering, dressing, safety issues, parent-infant bonding, sibling bonding and acceptance, coping skills, relaxation skills,
- Watchful eye for medical problems that may require the attention of a pediatrician,
- Doing laundry, light cleaning of kitchen, washing dishes, changing of bed linens so mom can rest and recover from the birth.

We feel all these services contributed significantly in preparing both the mother and the father for childbirth and parenting of their new baby. Our postpartum assistant provided in-home postpartum support for a total of _____ hours. Having a postpartum assistant present through postpartum recovery time and transition into new motherhood resulted in the following positive outcomes for the patient:

If you need additional information in order to process this claim, please feel free to contact Amber Nielsen, B.A., PCD (DONA), AAHCC, director of Mothering the Mom, Postpartum Doula of Northern Virginia at the above listed address and telephone.

Respectfully,

Amber Nielsen, B.A., PCD (DONA), AAHCC