

BABEEZ POSTPARTUM DETAIL OF SERVICES AND FEES

POSTPARTUM IN-HOME DAY OR OVERNIGHT SUPPORT

Our Babeez Postpartum Professional roster consists of Perinatal Support Workers (PNSWs are Personal Support Workers who have graduated from an advanced level program specializing in providing prenatal, postpartum and infant care), Doulas (certified by a recognized organization) and Registered Nurses (RNs or RPNs). All of our Babeez Postpartum professionals are able to provide you with both daytime or overnight support.

Our Babeez Postpartum professionals will support and provide you with tips and ideas to keep you feeling supported even when they are not there. Having support can also assist you with getting the amount of rest you and your family need to stay healthy. Our services are customized to meet your needs. We can accommodate both daytime and overnight support. When booking your support please note that we have a 6 hour minimum.

To arrange your support, we will have the support person who has been matched to you, contact you by phone. You can also arrange to have an in-home meeting with your matched support person. The contract will be finalized once you have met and approved your support person. For clients who choose to have continuous support throughout the day, you will be provided with a team of support workers, however the support person matched to you will be the team leader for the duration of your contract.

Please note that postpartum services are HST exempt. We do provide receipts which can be used for insurance purposes or to claim at the end of the year, as directed by your accountant.

Some insurance companies do offer coverage for "Postpartum Home Care Support", "Personal Support Worker" and/or "Registered Nurse Home Care". It's important that you contact your insurance company to inquire about coverage under these titles. You will also need to ask about any stipulations required such as a doctor's note. If an agency letter is required, we can provide one for you.

The support offered by our Babeez Postpartum Professionals will vary depending on the needs of your family. Some families require educational guidance and support while some families need the hands-on assistance as well as time for resting. Whatever your families needs are, we will be there for you. While support is intended as a short term role to help parents transition in those first few months with their new baby(s) some families may choose to have our team remain with them for a longer time.

For those who are expecting more than one baby, our team is highly qualified to work with multiples such as twins and triplets. Babeez founder, Debbie Fazio, is herself the mother of twins, as well as being a Newborn Care Specialist and Sleep Consultant.

A Babeez Professional can provide any or all of the following: hands-on education, support for infant and mother care, parenting tips and ideas to assist parents to develop the skills to cope with their new responsibilities. We provide support for: breastfeeding, bottle feeding, burping, self-soothing techniques, swaddling and more. Our professionals can screen for hurdles such as breastfeeding challenges or postpartum mood disorders. We provide care for your baby(s) so you can spend time

with your baby's siblings or get some extra rest overnight. If you need it, we can make referrals to any local or informational resources. Your Babeez professional will be there to provide you with a non-judgemental space to talk. We can help with LIGHT housework such as baby laundry, washing pumps and bottles. We can also help initialize a routine for your baby(s) and your family and promote great sleep habits

Benefits of having a Babeez Professional

- ★ Increased parent's confidence in their parenting skills
- ★ Increased success of breastfeeding
- ★ Increased support facilitates parent-infant bonding
- ★ Decreased postpartum mood disorders and depression
- ★ Increased feelings of support for and from the partner
- ★ Increased understanding of infant self-soothing skills
- ★ Increased parental coping skills
- ★ Increased support helps partners and siblings feel included in life with a new baby

Please note that our Nurses are registered with the College of Nurses in Ontario (CNO) and also offer medical assistance for those who require it. In addition to the tasks listed above our RNs and RPNs may also:

- Offer incision care or dressing change for mother or child
- Assistance with medication administration for mother or child
- Monitor input and output for both mother and child
- Monitor proper growth and development of child (especially if preterm or underweight)
- Monitor vital signs
- NG tube care
- Reflux care and monitoring
- Other medical assistance that may be needed

Please review the various types of professionals we offer, their fees and always feel free to contact us if you have any questions.

BABEEZ POSTPARTUM PROFESSIONAL FEE SCHEDULE

Singleton rates:

Service	Rate per hour	Packages (discount applies to minimum 8 hour shifts)		
		12 shifts within 4 weeks	24 shifts within 8 weeks	40 shifts within 12 weeks
Perinatal Support Workers (PNSW) Personal Support Workers, who have taken a one year advanced training in the perinatal field *	\$30	-	\$5,600	\$9,300
Elite Doulas - Certified doulas who have been with Babeez for more than five years	\$30	-	\$5,600	\$9,300
PNSW Practicum Student/Certified Doula	\$25	\$2,300	\$4,550	\$7,650
Registered Nurses (RNs or RPNs) *	\$35	-	-	-

Daytime and overnight rates are the same.
Holiday Rates: - add an additional \$5/hr to above rates

* Check your insurance for coverage. Ask Babeez for an insurance letter if needed.

Twins rates:

Service	Rate per hour	Packages (discount applies to minimum 8 hour shifts)		
		12 shifts within 4 weeks	24 shifts within 8 weeks	40 shifts within 12 weeks
Perinatal Support Workers (PNSW) Personal Support Workers, who have taken a 1 year advanced training in the perinatal field *	\$35	\$3,260	\$6,460	\$10,800
Elite Doulas - Certified doulas who have been with Babeez for more than 5 years	\$35	\$3,260	\$6,460	\$10,800
PNSW Practicum Student/Certified Doula	\$30	\$2,780	\$5,500	\$9,200
Registered Nurses (RNs or RPNs) *	\$40	-	-	-

Daytime and overnight rates are the same.
Holiday Rates: - add an additional \$5/hr to above rates

* Check your insurance for coverage. Ask Babeez for an insurance letter if needed.

Triplets rates:

Service	Rate per hour
Perinatal Support Workers (PNSW) Personal Support Workers, who have taken a 1 year advanced training in the perinatal field *	\$40
Elite Doulas Certified doulas who have been with Babeez for more than 5 years	\$40
PNSW Practicum Student/Certified Doula	\$35
Registered Nurses (RNs or RPNs) *	\$45

Daytime and overnight rates are the same.
Holiday Rates: - add an additional \$5/hr to above rates

* Check your insurance for coverage. Ask Babeez for an insurance letter if needed.

To set up a meeting with your matched Babeez professional, please complete the form. If you need help with inquiring about insurance coverage let us know, we can help. Follow the link below to fill out the form and we can begin the process. If you need help with inquiring about your insurance, we can also help!

<http://www.preciousmomentsbabeez.com/babeez-postpartum-support-form.html>