

Prenatal Household Help Assessment

Postpartum doulas may perform some, all or none of the household tasks below. If household help is to be part of your services, clarify which tasks you will and will not do in your contract. Fill out the applicable portions of this form for each family. Household help is always secondary to family care.

The tasks which are expected to be the highest priority for this family are: _____

As time allows, I will do laundry for (ex. baby, whole family) _____.

Location of facilities/supplies: _____ Notes: _____

Location of cleaning supplies: _____

Cleaning notes: _____

Pet name _____ Feeding schedule _____ Amount _____

Pet name _____ Feeding schedule _____ Amount _____

Location of pet food/supplies _____

If taking out trash and recycling is part of services, location of outside trash _____

Trash pick-up schedule _____ Location of recycling bin _____

Recycling schedule _____

Errands we have discussed that I am willing to run _____

If errands are done on the way to or from the client's house, my time is charged in the following manner _____

Other notes: _____

