

Agreement for Birth Doula Services

As a birth doula, I provide emotional and physical support to a woman during her labor and delivery. I will assist in communication with the staff to ensure that you have the information you need to make informed decisions regarding your baby's birth. I can provide reassurance and perspective to you and your partner (if applicable), make suggestions for labor progress, and help with relaxation, massage, positioning and other techniques for your comfort. I am independent and self-employed, and as such, am working for you (and your partner), not your caregiver or place of birth.

Prenatal:

I'd like to meet with you and your partner at least once prior to birth, preferably more than once, to become acquainted with you. I will discuss your birth plan, priorities, fears/concerns, interventions you have questions about, procedures, etc. I like to get a layout of your living space to ease laboring at home. I'm available for a provider visit, if you'd like me to accompany you.

I'm also available for belly photos and/or plaster casts if you are interested in either of those options. I've acquired quite the library over the years and have books available for check-out at my home.

I'm always available via phone/text with any questions you have during your pregnancy. I appreciate being notified of any pre-labor signs, contractions, loss of mucous plug/vaginal discharge, baby dropping, cramping, diarrhea, etc.

I will also inform you of times when I am unavailable for labor support. To cover those times, I will arrange a qualified back-up doula whom you may contact.

Labor/Delivery:

I prefer that you contact me when you think you are in labor, even if you do not yet need me. I generally need one hour to get to you from the time you ask me to come.

I am on-call (in cell range) for you when you reach 37 weeks. I can be contacted any time of day/night. I can answer questions and make suggestions over the phone, and we can decide if I should come to you then, or wait for further change. I will come to your laboring location (within a 30 mile radius of my home) when you wish. If you are in active labor, with the exception of any extraordinary circumstances, I will stay with you until your baby is delivered and you nurse for the first time.

As a doula, I can help you prepare for your birth, but I cannot guarantee that your birth will go as planned.

If your birth is via cesarean section we will discuss whether I will stay at the hospital or not. If I don't stay, I will return to the hospital after your surgery to check-in, provide support and help with nursing (if needed).

Postpartum:

I usually remain with you for one or two hours after the birth, until you are comfortable and your family is ready for quiet time together. I can also help with initial breastfeeding.

I am always available to answer questions about the birth and/or your baby. I will schedule a follow-up meeting the week of your birth, if you have a hospital birth, I like to come visit you there. We will have a second postpartum meeting, in your home, when you are settled in.

Limitation of Services:

As a doula, I will not:

1. Perform clinical tasks, such as taking blood pressure, fetal heart checks or vaginal exams. I am there to provide only physical comfort and emotional support and facilitate communication between you and the staff.
2. Make decisions for you. I will help you get the information you need to make an informed decision. I will also remind you if there is a departure from your birth plan.
3. Speak to the staff on your behalf. I will discuss your concerns with you and suggest options, as well as encourage you to voice your opinions, questions and concerns to the staff.

Failure to Provide Services:

I promise to make every effort to provide the services described here. If my failure to attend your birth is due to my error, there will be no charge for my services and I will refund the fee, minus \$150. If my failure to attend your birth is due to an error on your part (failing to call me, for example) no refund will be given, and I will keep my full fee. If my failure to attend your birth is due to a rapid labor (baby is born less than one hour after you call me and ask me to come), I will provide an additional 3 hours of postpartum support at no cost once you are discharged from the hospital. This can include assistance with breastfeeding, laundry, cleaning, baby care, meal prep etc. My full fee applies. Any other circumstances out of my control that result in my absence at your birth will be addressed on a case-by-case basis, and may or may not result in a partial or full refund.

Fees:

For the services described here, to be paid as follows:

_____ due when you select me as your doula and sign this contract.

_____ due postpartum.

I/We have read this contract describing the doula's services and agree to enter into a client-doula relationship for the pregnancy and birth with a due date of _____.

Client Name _____ Client Signature _____

Client Name _____ Client Signature _____

Doula Name _____ Doula Signature _____