Explanation of Services Provided and Terms of Contract Agreement

As a Birth Doula, I support women in labor to help ensure a safe, satisfying, and memorable birth experience. My role focuses on providing physical comfort as well as emotional & informational support.  I also help facilitate communication between you and your providers/hospital staff to make sure you are able to make informed decisions as they arise.  I can provide reassurance and perspective to you and your partner, make suggestions for labor progress, and help with relaxation, massage, positioning, and other techniques for comfort.  I am passionate about the world of pregnancy and childbirth, understanding that these are moments that create memories to last a lifetime.  I believe that women's bodies were designed to give birth, that life is a gift, and that birth tends to be best experienced when a mother and her partner feel supported, heard, and cared for.

Before Labor: I will meet with you 2 times before labor (after signing of Contract Agreement) to get acquainted as well as to discuss your birth preferences/birth plan, various options during labor, as well as any concerns or fears you might be feeling as labor approaches.  We'll also talk about relaxation and coping techniques, and I will learn how I can best support you and your partner together.

In addition to our prenatal visits, I'm also available for phone and email support any time you have questions or concerns during your pregnancy. Also, upon request only, I will accompany you to one of your OB visits to meet with your Caregiver and discuss any questions and/or concerns with him/her about my role and services provided to you.

I am considered to be officially on-call for you from your 36th week to your date of delivery.

I will also inform you of any dates and times that I know of (if and as they arise) where I would be unavailable for labor support.  To cover those times, I will arrange for a back-up doula to be on-call.

When You Are In Labor: Please call me when you think you might be in labor, even if you do not yet need me.  I can answer questions and make suggestions over the phone.  We will decide if I should come right then or wait for further change.  I usually need approximately one hour (in addition to travel time) to get to you from the time you ask me to come.  I am happy to come to your home while you’re labor, or meet you directly at the hospital, whichever you prefer.  Also, except for extraordinary circumstances, I will remain with you throughout your labor and birth. In the event of a possible Cesarean delivery, I will remain with you and your partner to continue to provide emotional support and positive reinforcement up to the time you are taken to the Operating Room ( if Doula is not allowed to attend ) to your return to your room once you have delivered. It is still my goal to remain there for any support that you need, even if not allowed in the Operating Room with you, unless it is your wish for me to leave.

After Birth: I usually stay with you for approximately 1-2 hours after delivery to see that you are comfortable, answer postpartum questions, and help with initial breastfeeding if desired.

Lastly, I will follow-up with 2 post-partum home visits, typically within 1-2 weeks after delivery to see how you and your baby are doing, answer questions, and process your birth experience with you. If you feel that only 1 post-partum visit is necessary, I will drop the 2nd visit at your request, and $50.00 will be deducted from your final payment per Contract Agreement.

As a Doula, According to the DONA International Code of Ethics, I do not:

· Perform clinical tasks (such as fetal heart checks, vaginal exams, etc.)

· Make decisions for you.  This includes deciding when to go to the hospital. I will help you to get the information necessary to make informed decisions, both during pregnancy as well as during your labor and delivery.  I will also help to remind you if there is a departure/change from your expressed birth preferences/birth plan.

· Speak to your providers/staff on your behalf.  I will discuss your questions and concerns with you, suggest options, and tactfully help you & your partner to speak to the staff directly and help you feel empowered to make decisions regarding your birth.

Failure of a Doula to Provide Services:

I enjoy serving women and couples in labor and will make every effort to provide the services described here.  On rare occasion this is sometimes impossible (for example, with a very rapid labor).  If I were to be unable to attend your birth (and unable to provide a back-up) and the failure was due to my error, there would be no charge for my services and I would refund the retaining fee.  If it were due to circumstances beyond anyone's control (i.e.… rapid labor), or your inability/choice not to call me, I will keep the retaining fee, but there will be no further charges.

Fees :

My fee for the services described here is $  , and can be paid as follows:

 $\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ as a \*non-refundable deposit/retainer fee, due when you select me as your Doula and upon signing the Contract Agreement. (\* Exceptions for extenuating circumstances may be made, at my discretion.)

 $\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ due at your 1st of the \* 2 post-partum home visits, unless other arrangements are made.

I have read the Terms of Contract Agreement describing our Doula's services and agree that it reflects the discussion I/We have had with her.

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Client                                                          Date