

~ From the Heart Doula Care ~



Contract for Doula Services

My Philosophy of Practice:

- ♥ I believe that birth is a normal physiological process and an important journey in a mother and father's / partner's life.
- ♥ I will support you during your pregnancy, labor and postpartum period, in whatever choices you make.
- ♥ I will provide information, education and resources to enable you to make informed choices.
- ♥ I will remain up to date on current research into birth related issues.
- ♥ I will maintain complete confidentiality of all details relating to your pregnancy and birth.
- ♥ I will strive to support you during labor to affect a positive birth experience for the entire family.
- ♥ I do provide physical, emotional and educational support throughout our entire contract, prenatal, labor and postpartum.
- ♥ As I am independent and self-employed, I will be working for you, not your care provider or hospital.
- ♥ I do not perform clinical tasks such as blood pressure or fetal heart rate monitoring.

My Obligations:

- I will draw on my knowledge and experience to provide emotional support, physical comfort, and be an empowering resource to make sure you have the information you need to make informed decisions.
- I will assess your prenatal educational needs and provide one on one instruction if requested (*see contract options...).
- I will provide birth plan information along with an in depth prenatal consultation of approximately 1-2 hours.
- I will answer questions and make suggestions over the phone any time before labor begins.
- I will be on call for you 24 hours a day beginning two (2) weeks before your estimated due date (EDD) up until labor begins. This means that I will carry my cell phone with me at all times and will not leave town without advising you unless it is an emergency or an event unknown to me at the time of this contract signing.
- I will suggest various comfort techniques, such as massage, positioning, breathing, and relaxation, to assist in pain management throughout your labor and birth.

- I will provide positive reassurance and the emotional support needed to both you and your partner, throughout your labor and birth.
- I will not attempt at anytime to manage or run your labor, as this is a normal and natural process and above all, it is YOUR Birth... not mine.
- As your doula, I am the person to call when you think you are in labor. If for any reason you are unable to contact me, or due to an emergency I cannot be with you, please contact your assigned back-up doula. I will provide contact details to you.
- I will support both you and your partner at all times. I can help your partner feel confident and informed, giving him ideas on how best to support you, and providing him with rest, reassurance, and reminders to keep himself nourished. At no time will I "take over" or deliberately exclude him.
- I will provide early labor support as requested: over the phone, in your home, or at the birth center of your choice.
- I will remain with you once active labor has begun until the birth of your baby and then will continue to stay with you until one to two hours after your baby is born.
- I may take short breaks for meals and rest if time allows – this will be discussed with you at the time and I will not leave you if it is inappropriate.
- I will strive to maintain a calm and peaceful birth environment.
- I will offer to take photos of the labor and birth and respect your parameters of privacy within the photos.
- Immediately after the birth I will help you initiate the breastfeeding process if that is what you choose to do. If you wish to bottle feed your baby, I will help you with the first feeding.
- I will visit you in the hospital after the birth of your baby prior to discharge from the birth center of your choosing.
- I will assist in providing information and emotional support by telephone or email on postpartum care, breastfeeding, and newborn care after the birth as requested.
- Please contact me if you have any concerns. If I cannot help, I will gladly find the appropriate person who can.
- I will visit you at home within the first 10-14 days after the birth of your baby, unless otherwise arranged because of family conflicts. I will answer any questions you may have about postpartum care for mom, normal newborn appearance and baby care, breastfeeding concerns, provide you with the birth photos, if taken, and have an opportunity to discuss the birth and evaluate my services.
- Follow-up visits can then be arranged if desired.
- All records will be kept personal and confidential.

By signing this contract, you agree to:

- Call me as soon as you think you may be starting early labor, even if you are not sure, so that I may make arrangements to attend your birth.
- Allow me approximately one hour to arrive at your birth, once you determine you want my assistance.
- Understand that a doula will not offer medical advice. If you have any medical concerns, before or during labor, please consult with your care provider.
- A signed contract and non-refundable deposit of \$500 will be due within 7 days of requesting me contract as your doula. The remaining balance of \$800 will be due the final postnatal visit in your home 10-14 days after the birth of your baby.
- If you decide not to employ me as your doula after signing this contract, the following will apply:

Cancellation more than 8 weeks before your due date - 100% refund - less deposit

Cancellation less than 4 weeks before your due date - no refund

***If complications should arise and/or your birth turns surgical, it is still my intention to provide my contracted services. I cannot refund my fee for unexpected outcomes.*

Contract Options:

- ♥ Private Childbirth Education can be added to the contract for an additional fee.
 - ♥ Private Lactation Consultation can be added to the contract for an additional fee.
 - ♥ Postpartum Doula Care can be added to the contract for an additional fee.
- **Please inquire about any other services you would like to add to personalize your contract.*

Failure to provide services:

I will make every effort to provide the services described here. In the case of a rapid birth or medical emergency, it may be impossible for me to provide these services. If you contact me to advise that you are in labor in good time, but I do not attend your birth due to an error on my part, I will refund the total amount paid less the deposit. If you are unable to reach me when labor begins, please leave me a detailed message and then immediately contact your backup doula. I choose my back-up doulas very carefully and trust them to carry out the services described here. I cannot offer a refund for a birth attended by your backup doula. If you fail to call me to advise that you are in labor, or fail to contact your backup doula, for whatever reason, you will not be due a refund of amounts paid. If there is a remaining balance outstanding, this will be due.

Emergency Birth:

In some circumstances, labor progresses more quickly than anticipated. If you feel that birth is imminent, or your baby has been born unexpectedly at home, you agree to first call your care provider or an ambulance to transfer you and your baby to the planned birthing center for evaluation. Once you have made arrangements for transport, please call me and I'll meet you there. If your baby arrives unexpectedly at home with me present, you or your partner will be responsible for the delivery of your baby. After the birth, I can help you arrange transport by ambulance to the planned birthing center. I am not responsible for delivering your baby or performing any clinical skills related to the delivery of your baby.

In signing this contract, you agree that I have discussed all the points herein and you understand and agree with them.

✓ We also give our permission for our doula to take notes, including personal information we choose to disclose and information regarding our labor and birth. We understand that this information may be used for the purpose of anonymous data collection and statistics.

I/We have read this letter describing the doula services and agree that it reflects the discussion we have had, and I/We agree to pay a total of \$ 1,300 for her services.

Client's name

Client's signature

Date

Partner's name

Partner's signature

Date

Doula's name

Doula's signature

Date

Deposit Received \$

Balance Received \$