

A Birth To Remember
Doula – Client Contract
Labor Support Services, Limits, and Fees

As a Doula, I accompany women in labor to help ensure a safe and satisfying birth experience. I will draw on my knowledge and experience to provide emotional support, physical comfort, and as needed, assistance communicating with the medical staff to make sure that you have the information that you need to make informed decisions. I provide reassurance and perspective to you and your partner, make suggestions for labor progress, give massage, guide relaxation, and help with positioning and other techniques for your comfort. I am independent and self-employed. As your Doula, I work for you, not your caregiver or the hospital.

I prefer to meet with you and your partner, if possible, at least twice before your birth, usually at your home. The first visit is to get acquainted, discuss your priorities and hopes for this birth, and answer any questions or concerns you might have in hiring a Doula to attend your birth. This meeting does not obligate you to use my services. If you do decide to contract my services, you may expect the following from me:

- 24-hour on-call beginning two (2) weeks before your due date
- Back-up arrangements in case of illness or emergency
- Early labor support as needed in your home or in the hospital
- Assistance in drafting an informed birth plan
- Provide information on childbirth education classes in your community
- Complement or supplement information received in those classes
- Two (2) prenatal visits and phone contact as needed
- One (1) postpartum visit and phone contact as needed
- Constant care, attention, and support once active labor has begun
- Maintain a calm birth experience to the best of my ability
- Assistance in unexpected outcomes by providing support, guidance, and information
- Breastfeeding support and counseling or referrals, if needed
- Parenting and newborn information and referrals, if needed or requested

I expect the following from you:

- Participation in childbirth classes
- Tour of birth facility
- A written birth plan
- Open and honest communication on all issues that will have a bearing on your birth experience (*I hold whatever information you tell me in strict confidence*)
- Timely payment for services rendered; and
- A phone call to me when you think you are in labor. I can answer questions and give suggestions over the telephone. We can decide if I should come then

or wait for further change in your contractions. We will also decide at that time, the best place to meet--your home or your birth location.

Just as important as the services that I can provide, are the tasks that I cannot perform. As a Doula, I do not perform clinical tasks, vaginal examinations, fetal heart checks, blood pressure monitoring, etc. I also do not interpret this information, although I can assist you with any questions you may have for your care provider. I do not make decisions for you. I will help you get the information you need to make informed choices but the decisions to have or not have a procedure must be yours alone. I will also remind you if something proposed is a departure from your birth plan.

I do not speak to the medical staff in your place, regarding matters where decisions must be made. I will discuss your concerns with you and suggest options, but you and your partner will speak on your behalf to the medical staff.

The total fee for this service is \$_____, including a non-refundable deposit of \$_____ due upon the signing of this contract. The remaining balance of \$_____ is due at the final prenatal visit or at 38 weeks gestation, whichever is later. Once the prenatal visit(s) are completed the fee is non-refundable.

I provide support beginning immediately upon the signing of this contract. I can be reached by phone or email and will remain on-call 24 hours a day beginning 2 weeks prior to the due date. I must be notified as soon as you suspect labor has begun or if the mother's water has broken. This allows me time to make arrangements to meet either at your home or the hospital. I will remain with you for the duration of the labor and for up to 2 hours postpartum. In the event that the labor lasts longer than 24 hours, I may call the backup doula to allow myself a brief break if necessary. Please notify me as soon as you suspect that labor may be beginning.

We have read this contract describing the Doula's services and agree that we understand both the scope and the limitations of the services available to us.

Signed this _____ day of _____, 20__.

Mother

Partner

Doula