



Birth Doula Contract

My role as your Doula: I am independently employed and contracted directly by you my client/s. As a doula, it is important for you to understand that I cannot - and do not - guarantee a specific outcome for your birth. If you have any specific requests or circumstances - Cultural, religious or otherwise - I ask that you make me aware of them at our first prenatal visit, or sooner so I can help you prepare and act in your best interests. I support women, their partners and siblings during labour and the birth of their baby. I draw on my knowledge and experience to provide physical, emotional, and informational support to women and their partners. I do NOT offer medical advice or perform clinical tasks. Tasks within my scope of practice are, but not limited to: non-medical comfort techniques (massage, aromatherapy, homeopathy, counter pressure, position suggestions, water, breathing, imagery, etc.), providing nourishment and hydration for the mother and the birth team, taking pictures or video, documenting events and milestones during labour and the birth, etc.

Initial Consultation: The first meeting is a time for us to meet and decide if we want to work together. It is very important that you and your partner are comfortable with me and with my role in the birth. If you or your partner decide that we do not fit well, I encourage you to say so, and I will be happy to refer you to a list of local Doulas, with whom you may connect better. If we do decide to work together, the next step would be to sign the contract. At that time, a deposit is necessary to reserve your due date on my calendar. I will give you a form with some questions to fill out and then we schedule a prenatal visit.

Prenatal Visit: It is important to meet before labour to become acquainted, to explore and discuss your priorities and any fears or concerns, and to plan how we might best work together. During the prenatal meeting, we will review your preferences for labour and birth. I will ask about your knowledge of the birth process, your own personal ways of coping with pain, fatigue and difficult situations, what your expectations are of your partner and myself, plus the roles of anyone else who will be attending the birth. We can discuss any fears and concerns you have regarding labour and birth. My goal is to help you have a satisfying birth as *you* define it. The more we explore this in advance, the better I will be able to fulfil this role. All information you give to me I keep strictly confidential. It is not my place to - and I will not - judge or question your choices.

On Call: I am available by phone and email consultations immediately after signing the contract. I encourage you to contact me with questions, concerns and updates. I will get back to you as soon as I can, usually immediately, but definitely within 24 hours. Once you are two weeks from your due date, I will consider myself on call for you and I will have my mobile phone with me at all times. If for some reason, I do not answer when you call, please leave a message. Then you may call my home phone number and leave a message. I will return your call immediately. During the on-call time, I ask that you please keep me updated as to any progress you, or your caregiver, feel you are making towards labour. Please keep in mind I have my own children I need to make considerations for. The more information I have, the more prepared I will be when you actually are in labour. If a couple days go by and I have not heard from you, expect an email or quick phone call from me just checking in. Do not worry; you do not need to be friendly or talkative – I know what it is like to be 10 months pregnant!



In Labour: When you think labour has begun, I ask that you contact me as soon as possible, even if you are not sure you are really in labour. Again, the more notice I have, the better prepared I can be. Once you have decided you are in labour, we will then plan to check in with one another every few hours, or as often as you prefer, by phone or email. It is up to you to decide at what point in your labour you want me to come and be with you. Once you make that choice, barring any unforeseen circumstances (traffic, emergencies, etc.), I will be there within an hour (usually less, depending on distance), and will remain with you until a few hours after the birth.

If your labour goes beyond 24 hours, please be aware I may need to attend to other clients by way of phone calls if I am also on call for them. In some cases of a prolonged labour, I may need to call for back up doula care. Although I like to space my clients, of course there are never any guarantees that babies come on due dates. Each birth is different and we will discuss your preferences and any concerns during the prenatal meeting.

After Birth: I generally remain with a client for 1-2 hours after birth, until you are comfortable, and your newly born family is ready for quiet time together. Again, each situation is different and my duties will vary depending on your needs.

Postpartum visit(s): My services include a minimum one or two postpartum visits, the first within a few days after the birth and the second anywhere from 4 - 6 weeks. During the visits, I can provide breastfeeding support, baby care tips, referrals to community resources, and a chance to discuss your birth experience.

What I will not do:

- I will not make decisions for you.
- I will help you get the information you need to make your own informed decisions.
- I will remind you if there is a departure from your Birth Wishes, and will verify if this is, in fact, your informed decision.
- I will not speak to medical staff regarding matters where health care decisions are being made.
- I can discuss your concerns with you and suggest options.
- I can support you in discussions with your caregiver providers and act as your advocate, making sure you have the opportunity to discuss concerns, but you or your partner will need to speak on your behalf to the medical staff



Belly,
Birth &
Beyond...

DOULA SERVICES

Fees: The total fee for my services is \$_____. It is not just for being at your birth. This covers, but may not be exclusive of: prenatal visit at your home, optional visits with your care provider and facility tours, phone and email availability, on call availability beginning 2 weeks before your estimated due date, continuous labour and birth support, immediate postpartum care and two or more postpartum visits. If you choose not to take advantage of any or all services outlined throughout the contract, by signing this agreement you understand the fee stays the same. If necessary, I am open to payment plans, bartering and I offer a sliding scale based on individual circumstances. As a trained professional, I ask fair compensation for my services. However, I also truly value the positive benefits of doula care, and do not want financial need to make those services inaccessible to mothers who desire them. Upon signing of this contract, a non-refundable deposit, in the amount of \$250 or a third of the agreed upon fee, is due. Once you sign the contract and the deposit is paid, your due date is officially scheduled on my calendar. The remainder of the fee is due 14 days before your due date. It is your responsibility to make this payment automatically, I do not send out bills or reminders. If you decide not continue with my services after signing the agreement, but prior to 6 weeks before your due date, you will not incur any additional fees beyond the initial non-refundable deposit. If you decide to not continue with my services within 6 weeks of your due date, the entire fee is forfeited and any remaining payments contracted are due immediately, if they are not already paid in full.

The total fee due is \$ _____

Less the deposit of \$ _____ Paid on _____

Balance Remaining \$ _____ Due by _____

Failure of a doula to provide service: *When you hire me, it is my utmost priority to be present with you during your labour and birth, and to abide by this contract. However, for unforeseen reasons, it is possible I could miss a birth. If for some reason at any point I am unavailable for any length of time during the time I am on call for you, I will notify you as soon as possible and I can offer a choice of trusted Doulas I have worked with, to fill in until I return. In this situation, this contract will still be binding and I will be responsible for payment arrangements with the back up doula. However, if it is due to negligence (defined as not returning your phone call, not showing up at all without contact and not having a back up doula available) on my behalf, the entire amount will be refunded to you. If I miss the birth because you fail to call me promptly or not at all, at the beginning of your labour there will be no refund. In the case of a precipitous birth, it may be impossible for me to provide all the services listed. I will arrive as soon as possible and provide immediate postpartum support, as well as the agreed upon postpartum visits.*



Specific individual arrangements, agreements, or other - not already covered in this contract:

I / We have read this letter describing the doula services and agree that it reflects the discussion we have had with her.

Client

Date

Client's Partner

Date

Doula

Date