



Mother Doula, LLC.

# contract of services

LABOR AND BIRTH SUPPORT

## CLIENT INFORMATION

NAME

HOME ADDRESS

EMAIL ADDRESS

PHONE NUMBER

PARTNER'S NAME

PARTNER'S PHONE NUMBER

ESTIMATED DUE DATE

## THE ROLE OF YOUR DOULA

A doula's role is to provide emotional, physical, and logistical support to you and your family before, during, and after labor and delivery to help facilitate a satisfying experience. Your doula will be a source of education, guidance, and information during pregnancy and will help you plan for your birth experience. During labor, your doula will draw on extensive education, knowledge, and experience to provide reassurance and perspective to you and your partner, make suggestions for labor progress, and help with relaxation, massage, positioning and other techniques for your comfort. Your doula can also facilitate communication with your care providers to ensure that you have the necessary information to make informed decisions during your labor. After your birth, your doula will help you and your partner transition to life as parents with continuing guidance and information to aid your recovery, safeguard your mental health, and help you understand how to care for your new baby. Your doula works for you, not your care provider or place of birth.

## CLIENT RESPONSIBILITIES

In order to provide the best possible support to you and your family, I kindly request that my clients commit to the following:

1. *Maintain communication throughout our time together.* Please keep me updated on your pregnancy, your mental and physical well-being, and any updates or information from your care provider. Staying updated allows me to provide relevant support to you.
2. *Attend our prenatal meetings.* Our prenatal meetings are where we will get to know each other better and make a plan for your birth and postpartum support. Without these meetings, it is difficult to provide customized support to you during labor and delivery. Please schedule adequate time (1.5-2 hours) for our meetings and make arrangements for care for your older children, if necessary.
3. *Make your payments on time.* Please see below for more details on payment and fee schedules. Please read through and review the entire refund policy.
4. *Contact me if you think you're in labor.* Details of how and when to contact me will be discussed at our first prenatal meeting. If you think you are in labor, are experiencing an emergency, or need to contact me immediately, please call me (do not text).

## PRENATAL SUPPORT

Your birth support package includes two prenatal visits, scheduled between 32-38 weeks of pregnancy. We will use these visits to get to know one another, review your pregnancy, explore and discuss your priorities, fears, or concerns for birth. As your doula, I will present evidence-based information on the risks and benefits of common interventions and procedures used during childbirth and help you understand your options. During these visits, I will discuss my role during your birth and postpartum experience. We will explore and discuss your birth plan goals, all stages of labor and what your desires and preferences are for each one, identify techniques for coping with discomfort and fatigue, and plan for your partner's involvement in your labor. The purpose of these prenatal visits is to leave you and your family feeling confident and well informed about labor and the choices you will have during it.

Your prenatal support also includes unlimited phone and text support. Please contact me whenever you have questions, concerns, and after appointments with your care provider. I can also provide information, resources, advice, guidance, and practical preparation assistance.

## LABOR AND BIRTH SUPPORT

As your doula, I will be on call for your birth for 24 hours a day from 37 weeks until 42 weeks. If your labor begins before or after this window, I will make every effort to attend as arranged.

During our prenatal appointments, we will review how and when to contact me when labor begins. Please contact me via phone call (do not text) as soon as you think labor may be starting and/or when you are ready to request in-person support. I will be available via phone, text, or in-person support at your request. I can provide you and your partner with guidance, answers, coping techniques, and information about normal labor progress. I do not provide medical care, fetal monitoring, cervical exams, or any other procedure or therapy within the scope of a doctor or registered midwife. A doula does not provide medical information, provide clinical opinions, or in any way act as your care provider.

After you call and request in-person support, I will arrive within one to two hours. Except for extraordinary circumstances, and as permitted by any boundaries, policies, or restrictions of the birth facility of your choosing, as your doula I will remain with you throughout your labor and birth. In cases of long labors, your doula may be required to call a second (back-up) doula to your labor to continue to provide support to you while I rest and recharge.

## POSTPARTUM SUPPORT

**I will remain with you for up to one to two hours after the birth of your baby, until you are settled and your family is ready for some quiet time together. If desired, I can also help with your baby's first feedings.**

Postpartum visits are used to check in with your family, provide guidance with feeding if necessary/desired, make suggestions about recovery and infant care, answer questions, and to determine what other services are needed at home (if any). You may wish to retell and discuss your birth experience and discuss emotional healing and the changes you are experiencing. I will check in with you regarding your physical and emotional well-being, talk to you about your transition to parenthood, and offer suggestions or ideas to help. I will also ask for feedback and a review of the support you received at your birth. If you wish to schedule further postpartum support, we will discuss this and arrange a schedule and payment plan at your final postpartum visit.

Postpartum visits included in this package may be scheduled up to 6 weeks postpartum. At this time, this birth support package will expire. Additional postpartum support visits may be arranged under a new support package and contract.

## LIMITATIONS OF SERVICE

### A doula does not:

1. *Perform clinical tasks.* This includes monitoring blood pressure, fetal heart rate monitoring, vaginal exams, catching your baby, etc. Your doula does not prescribe or administer medications. Your doula will be there to provide physical comfort and emotional support and facilitate communication between you and the staff.
2. *Make decisions for you.* Your doula will help you get the information you need to make an informed decision. Your doula will also remind you if there is a departure from your birth plan so that you may discuss these changes with your care provider.
3. *Speak to the staff on your behalf.* Your doula will discuss your concerns with you and suggest options, as well as encourage you to voice your opinions, questions, and concerns to the staff.
4. *Provide transportation.* Your doula will not provide transportation to or from the hospital for you, your family, or any member of your family or support team.
5. *Provide primary care for children.* Your doula will not be primarily responsible (provide childcare) for your children and/or your new baby. Yourself, your partner, or another responsible adult must be present at all times during meetings and labor support.

## BACK UP DOULAS

In the event that I am unable to attend your birth (due to illness, emergency, natural disaster, or other unforeseen/non preventable circumstances), a back-up doula will be available to you for the duration of your labor and as outlined in this contract. Your back-up doula has already been secured by your primary doula. To learn more about your back-up doula, or to arrange a meeting with your back-up doula, please contact me.

## REFUND POLICY

As your doula, I can help you prepare for your birth; however, I cannot guarantee that your birth will go as planned. I will make every effort possible to provide the services as detailed in this contract.

**In the extremely unlikely event that neither myself or any back-up doulas attend your birth, and the absence of doula support at your birth is due to my error, there will be no charge for services and your fee (minus the retainer) will be refunded or not taken.**

The following circumstances are non-refundable:

- you choose not to inform your doulas of labor and do not receive labor/birth support (remote or in-person)
- you do not request doula support at your labor or birth and do not receive labor/birth support (remote or in-person)
- you choose not to contact/request support from your backup doula
- precipitous birth (baby is born less than 2 hours after you request doula support). In this circumstance, your doula will provide immediate postpartum support upon arrival, and you will receive an additional 2-hour postpartum visit
- hospital policy precludes your doula's presence (operating room, support restrictions, etc)
- you choose not to utilize any or all of the support included in your package (including prenatal and postpartum appointments, classes, discounts, or offers)
- your baby is born before your prenatal appointments, classes, or other services included in your support package
- an emergency, natural disaster, or extreme weather prevents your doula from safely attending your birth

If you plan a vaginal delivery and a cesarean is performed after the onset of labor, your doula will continue to provide support during the cesarean surgery (as allowed by hospital and/or doctor policies) as well as immediately after to help with your comfort and infant feeding. In this scenario, the full fee applies, and no refund will be given.

If you and your doctor decide that a planned cesarean is necessary (that is, a cesarean done before the onset of labor), your doula will provide support during the cesarean (as permitted by hospital policies) and immediately after, OR one additional 2-hour postpartum visit. No refunds will be given.

If you choose to cancel your birth support package, your fee will be refunded minus your retainer and any fees owing for rendered services (including meetings, phone/text support, on-call availability, or any other support services provided).

Any other circumstances out of our control that result in the absence of doula support at your birth will be addressed on a case-by-case basis and may or may not result in a partial or full refund.

Refunds must be requested by 6 weeks postpartum. No refunds are available after 6 weeks from the date of your baby's birth.

## FEES

Please select your support package:

**BIRTH DOULA PACKAGE**

\$1200 INVESTMENT

- 2 prenatal appointments
- labor and birth support
- 1 postpartum visit

***Add placenta encapsulation for \$250***

**BIRTH & POSTPARTUM DOULA PACKAGE**

\$1650 INVESTMENT

- 2 prenatal appointments
- labor and birth support
- 1 postpartum visit
- 10 hours of additional PP support from Sarah Abbott, *It Takes a Village Doula, LLC.*

**BIRTH DOULA & LACTATION SERVICES PACKAGE**

\$1350 INVESTMENT

- 2 prenatal appointments
- labor and birth support
- 1 postpartum visit
- An extensive breastfeeding class with Jaclyn Waggoner, CLC (*Moonlight Milkies, LLC.*)
- 1 postnatal lactation home visit

**ALL-ECOMPASSING PACKAGE: BIRTH, POSTPARTUM, & LACTATION SUPPORT** (\$1800 INVESTMENT)

All packages require a non-refundable retainer, half of the total amount is due at our first prenatal meeting (around 32-34 weeks). This retainer will be deducted from your total amount owing.

The second half of payment will be due at (or before- if scheduled beyond 2 weeks) the postpartum visit. All fees must be paid in full by 2 weeks postpartum. Payments are accepted via cash, check, or Zelle/Venmo. PayPal may be used, but will subject to an extra \$25 fee.

All prenatal meetings will be done in the comfort of your home, unless other arrangements/accommodations are needed. Please send your address as soon as possible.

.By signing this contract you are agreeing to make all payments according to the payment terms specified here or in any pre-arranged separate installments agreed to and issued by me.

Payments may be made in different installments as arranged with me in advance.

## SIGNATURES

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CLIENT SIGNATURE

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DATE

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CLIENT SIGNATURE

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DATE

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DOULA SIGNATURE

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