

Mothering the Mother - Doula Contract

Birth Doulas are trained and experienced in childbirth. The doula's role is to provide physical, emotional and information support to birthing families during their labor and birth. The doula offers help and advice on comfort measures such as breathing, relaxation, movement, positioning (including using a birthing ball), music, visualization, and more. She also assists families in gathering information about the course of their labor and their options by facilitating conversations between families and medical professionals. Perhaps the most crucial role of the doula is providing continuous emotional support, reassurance, and comfort.

Scope and role of the birth doula:

- A doula will not discourage the family from their choices. She will always respect and facilitate those choices. She does not have her own agenda. It's your birth, baby, etc.
- The doula does not perform medical tasks, exams, etc. Her role is strictly providing emotional, physical and informational support.
- The doula cannot make decisions for you. She will help you in getting the information that you need so that you can make an informed decision about what is right for you and your baby.

On call period: If you hire Mothering the Mother / Michelle she will be on call for you from 38-42 weeks. It is essential that you discuss her availability for that time frame before signing a contract. In the event Michelle has on her website or has spoken with you about an upcoming workshop, and you still decide to hire her you are accepting responsibility for your birth in the event she is out of town at your birthing time. If this occurs you will be provided with the contact information for a back up doula. In the event the back up doula attends your birth all fees remain the same. In the event somewhere were to happen and the back up was not available you will be refunded half of the fee if the birth is missed (this refund ONLY applies if Michelle is out of town or she and the back up are unable to attend your birth). Once a contract is signed Michelle will not add or change her training schedule, and will not plan new workshops during your on call window.

Notifying your doula that labor has begun: It is important that you contact Michelle as soon as possible when you suspect labor has begun (contact means you have called her and she has acknowledged your call by talking with you). Michelle will be considered on call at that point. When you are ready for her to join you it is important that you specifically state that you want her to come. Simply calling her to let her know you are in labor will not initiate her coming because not every family wants a doula immediately. She may need approximately 1 - 1 1/2 hours from the time you specifically request her presence to the time she arrives (this time can be extended due to distance from her house to your home or birthing location, traffic, weather and other circumstances outside of her control).

In the unlikely event labor support services are not provided:

- Precipitous labor - It is extremely important that you contact Michelle immediately if you feel labor is progressing rapidly, so that she can make every attempt to arrive promptly. In the event of a fast labor all fees remain the same. Your doula fee is not based upon a specific number of hours, and your doula fee does not change based upon a short or long labor and birth.
- Not following protocol to get a doula there - If you opt not to follow the above protocol to reach your doula and back up doula (if necessary) all fees remain the same. You are responsible for calling Michelle earlier enough to ensure she arrives to assist you.
- Cesarean birth - In the case of a cesarean birth (whether planned or unplanned) all fees will remain the same as Michelle will be available to you before, during, and after the birth.
- Choosing not to utilize a doula - If you choose to not utilize a doula after you have signed this contract or your call is made too late all fees remain the same.

Birth doula fees: Our fees are as follows:

- Premium Birth Doula and Education Package: \$1200
- Deluxe Birth Doula Package: \$1000
- Basic Birth Doula Package: \$900
- Budget Conscious Doula Package \$650

Birth and Postpartum Doula Packages (if choosing one of these packages all postpartum doula hours must be used within 6 weeks of the baby coming home from the hospital or they will be forfeited; refunds for unused hours are not given.

- Premium Doula Package with Education + 12 hrs Postpartum Doula Care - \$1440
- Deluxe Birth Doula + 12 hrs Postpartum Doula Care - \$1240
- Basic Birth Doula + 12 hrs Postpartum Doula Care - \$1140

Please note discounts and refunds are not given if all of the services are not utilized.

When registering for your doula and/or package a **non-refundable** retainer of half of the fee is due at the contract signing to Michelle Hardy. The remaining half of your fee must be paid by 36 weeks or at the birth (whichever comes first). In the event all fees are not paid it is at the discretion of Michelle on whether she will attend your birth or not and all monies remain the same.

*I understand that Mothering the Mother / Michelle Hardy cannot be held liable for complications of my pregnancy, labor, delivery, postpartum period, etc as she is not a medical provider. It is my responsibility to consult my provider if concerns arise, and it is up to me to make decisions for my baby and myself. Due to this I agree not to sue Michelle Hardy or any of her representatives if something does not go as intended since all decisions lie within me.

*I understand that if Michelle and her back up are unavailable when I birth I will be refunded half of the doula fee.

*I understand that at times my doula assists and/or helps train new birth professionals so there may be an additional professional along assisting, and I am okay with a secondary presence.

*I understand that I am signing this contract virtually, but that this is still a legal and binding document.

Printed Name

Date

Signature