



## CONTRACT FOR BIRTH DOULA SERVICES 2021

Family Name:

Phone Number:

Address:

EDD Baby:

Baby's Name:

### My role as your Birth Doula:

As your birth doula, I will be an integral part of your support system. My work focuses on teaching both you and your partner essential breathing and comfort measures, guiding and supporting you continuously throughout your entire labor and birth, thus providing a sense of calm and confidence as you welcome your new baby into this world. Once your baby is born, I will remain with your new family during the early postpartum period, for as long as you desire, up to 2 hours. During this time I will support you with initial breastfeeding and physical support.

### Qualifications:

My Labor/Birth Doula, Childbirth Educator, Lactation Educator and Postpartum Training has been received through CAPPA. I am certified through CAPPA. I have served new moms and families for the past 15 years. I am a mom to six children and one grandchild. I am also a Licensed Practical Nurse, having worked for many years in the public school system.

### Anticipated Needs:

My birth doula package includes two pre birth visits, and one post birth visit. At the time that this contract is reviewed and signed, a 50% non-refundable deposit of my fee is required in order to secure my support. At 36 weeks the remaining balance is due. From 36 weeks to the birth of your baby, I am available to you 24/7 through text, email or phone. Once labor begins, I will join you at your home to support you until you reach active labor and feel the need to transport to your hospital of choice. I will follow you to the hospital in my vehicle and provide continuous labor support at your chosen facility. Once you are discharged from the hospital, I will schedule a post birth visit with you to talk about your birth and answer any questions that you may have. Postpartum Care and support is available for purchase as a separate package at the rate of \$40.00 hour. Failure to make payment voids our contract and your non-refundable deposit is used for payment.

### Covid Considerations:

I care very much for the families that I support and therefore, am extremely cautious in my daily life and work to prevent exposure to COVID. I am fully vaccinated but continue wearing a mask at all times that I am out of my own home. I do not eat in restaurants and limit my time in grocery stores etc. No one is in my personal home that is not a member of our pod without either quarantining for 2 weeks or obtaining a negative COVID test. I do see other clients and ask that they remain masked while I am with them and that they also observe strict preventative measures to prevent their exposure to COVID. In the case that I or my client were to test positive for COVID, either party must be released from the CDC and town guidelines before support can continue. Should the client choose to cancel support rather than postpone my services, the retainer paid remains nonrefundable.

### Additional Add-on Services:

#### CHILDBIRTH EDUCATION \$250:

I strongly encourage all families take my three hour comprehensive Childbirth Education Class. This class covers the final trimester of your pregnancy, labor, birth and the early postpartum hours.

BREASTFEEDING FOR NEW MOTHERS \$125:

This class is essential for new mothers who are choosing to breastfeed their baby. We will cover all things related to getting off to a successful start with breastfeeding in this 90 minute class. You may combine this class with my Newborn Care class to receive a discounted rate.

NEWBORN CARE \$125:

In this 90 minute class we will cover swaddling, baby wearing, bathing, sleep, diapering, calming techniques, baby led feeding as well as many other topics related to postpartum newborn care. You may combine this class with my Breastfeeding for New Mothers class to receive a discounted rate.

Rates/Fees:

Labor/Birth Package \$1000.00

Individual Add On Classes \$125 each, Childbirth Education \$250

Additional Postpartum Hours: \$40.00/hour

Accompaniment to doctor's office/hospital visits: \$40.00/hour

Food Shopping/errands/meal preparation: \$40.00/hour plus cost of food

Deposit:

A non-refundable deposit of \$\_500\_ is required to reserve my Labor/Birth Doula Package.

Payment:

Payment accepted through cash, check or Venmo (@Jodi-Utter).

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Client

Date

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Partner

Date

Jodi Utter

Utter Comfort Doula Services