# **BIRTH & POSTPARTUM DOULA CONTRACT**

For the services you have selected, my total fee is \$700.00.

Payment Arrangement Details: 1/2 of the service fee is due at signing of this contract.

## Agreed to be fully paid on or before <u>37</u> weeks gestation.

For this fee you will receive certain services, however, it should be noted that it is not within my scope to give medical advice. I only present the evidence-based facts and facilitate discussion so that you can advocate and make medical decisions for yourself. I do not drive clients or their baby(ies) in my personal vehicle, UNLESS it is an emergency. *I do not and am not qualified to perform any medical procedures including, but not limited to cervical checks, blood pressure checks, fetal heart rate monitoring, delivering/catching the baby etc. I am NOT and do NOT replace a Health Care Provider such as a Midwife or OB.* I do not attend "free (unassisted)" births. I adhere carefully to the parameters of my scope for the safety and security of myself, you, your partner, and your baby(ies).

Services I commit to providing are as follows:

### **Birth Doula:**

On top of getting to know you and your partner (should you have one) better, they can consist of (but are not limited to) any of the following in any order you choose:

- 2 prenatal virtual or in-person visits (up to 60 minutes) informational sessions
- Discussing your ideal birth experience and working through any fears or anxieties
- Discussing and practicing birthing comfort techniques
- Discussing the stages and phases of labor
- Creating a birth and/or postpartum plan
- Parenthood prep: baby registry review, nursery organization
- Provide helpful handouts that will assist in preparing you for your birth
- Access to my personal library of books on labor, birthing, breastfeeding, and more

I will be giving you my personal contact information for 24/7 informational/emotional support from the time you hire me. Feel free to call, text or email me any time with any questions, concerns or for encouragement. I also commit to being on call to attend your birth from <u>37</u> weeks gestation until birth. A back-up Doula will be provided in the event an emergency arises and I cannot make the birth.

#### Ways I can support you physically in labor include but are not limited to:

- Massage/counter pressure
- Assisting with a TENS machine if available
- Birthing ball positions
- Suggesting and assisting with position changes
- Creating a calming environment (salt lamp, flameless candles, music, essential oils, etc)
- Assist with water therapy (bath, shower)
- Assist with hydrating and feeding birther
- Constant reassurance of your strength and ability to bring life into the world
- Provide 1- Golden Hour of immediate postpartum care after the birth if requested. (Includes assistance with breastfeeding latch and skin-to-skin contact)

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It is important to note that my job as your Doula is NOT to speak for you or your partner (if applicable) in the birth space but to give you the information, validation and support you need to effectively advocate for yourself whether you are having a home or hospital birth. I will also

As your Doula it is my job to ensure that you are supported emotionally, physically, and informationally no matter what type of birth you are planning. Regardless of your birth's outcome, I commit to supporting you in every way I am qualified and capable to as per our agreement. It is important to note, however, that I am NOT in control of or responsible for outcomes. Therefore, should your planned vaginal birth or vaginal birth after cesarean (VBAC) result in a cesarean, there will be no refund.

#### Postpartum Doula: 6 Hours

These can be broken down into (2 to 3-hour intervals). Additional hours beyond the 6 hours included in this package are \$25 per hour with a 4-hour minimum.

These visits will be made on arranged dates between \_\_\_\_\_ to \_\_\_\_\_days after the birth.

Postpartum visits are intended to:

- Breast or bottle feeding support
- Help with the emotional and physical recovery after birth.
- Assistance with newborn care such as diapering, bathing, feeding and comforting
- Baby soothing techniques
- Sibling care
- Light meal preparation or arrange for meal delivery
- Light housekeeping
- I will always be ready to share referrals to local resources such as lactation support, parenting classes, pediatricians, etc.

I will be giving you my personal contact information, so you have access to informational/emotional support from the time you hire me. Feel free to call, text or email me any time with any questions, concerns, or encouragement.

Other Terms, conditions and services discussed in relation to this contract:

#### Fees are final and may not be refunded unless I default on the contract.

Date:

This contract is drawn up and agreed upon it its entirety by the following persons as designated by their signatures below:

Doula – Brandie McGowan Date:

(Partner or Spouse if applicable) Date:

(please print name here)

(please print name here)

Signature of Birther

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