

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 37 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 37 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)

