

## Birth Doula Contract

It is an honor and pleasure to serve you! Thank you so much for entrusting me with the task of supporting you and your family on your next big birth adventure. This contract will outline the parameters of our partnership. Letting you know what to expect of me as your doula as well as your expected contribution to the dynamic.

### Birth Doula Service Packages:

**Free Consultation appointment and education are included in every package.**

#### o Diamond

Your investment for care is \$1150 and includes the following;

- 3 pre-natal appointments to discuss your birth preferences  
(additional visits available for additional cost)
- Unlimited labor and birth support from active labor until 2 hours post-partum
- 4 post-natal visit for max 2 hours (additional hours available for additional cost)
- Breastfeeding counseling
- Placenta encapsulation

#### o Gemstone

Your investment for care is \$850 and includes the following;

- 2 pre-natal appointment to discuss your birth preferences  
(additional visits available for additional cost)
- Unlimited labor and birth support from active labor until 2 hours post-partum
- 2 post-natal visit for max 2 hours (additional hours available for additional cost)
- Breastfeeding counseling

#### o Crystal

Your investment for care is \$385 and includes the following;

- 1 virtual pre-natal appointment to discuss your birth preferences



(additional visits available for additional cost)

- Unlimited labor and birth support from active labor until birth
- 1 virtual post-natal visit for max 1 hour (additional hours available for additional cost)

**o Additional Costs**

- Additional pre-natal appointments \$75
- Postpartum Care \$35/ hour
- Placenta Encapsulation \$300
- Tincture \$35
- Birth Story \$65
- Other:
- Childbirth Education \$200
- Birth Plan \$35
- Birth Photography \$145
- Postpartum Plan \$30

**Total Due:** \_\_\_\_\_

**My Scope**

As your birth support person, I provide continuity of care throughout pregnancy to delivery, and accompany you in labor either in person or virtually, to help create a positive and satisfying birth experience of your desire. I tap into my knowledge, expertise, and experience to provide emotional support, comfort measures & coping techniques, as well as strengthen your voice so that you can communicate with your health care provider, to the best of your ability, to ensure you have the information needed to make informed decisions and give informed consent. I provide reassurance and perspective to you and your partner, make suggestions for labor progress, can use verbal or touch approaches to help with relaxation, massage, positioning and other techniques for comfort. I am independently self-employed. As your birth support person, I am working for you, not your caregiver nor hospital/birthing center. I am not bound by time constraints or hospital protocol & policies expect where I am credentialed.

**Out of my Scope**

I am NOT a medical professional. I do not perform clinical tasks, such as blood pressures, fetal assessments, vaginal exams, taking temperatures nor deliver babies etc. I am present to provide for your physical comfort and emotional support. I am not there to speak for you unless asked to do so. I will give you the information you need to be assertive about your own desires in labor. In the event you are unable to speak for yourself, your signed birth preferences, and partner, will advocate for your wishes on your behalf. My legal scope of practice remains unchanged for homebirths, unassisted births, hospital births, and birth center births & beyond. In the event I am hired to provide support to a mother



who is birthing unassisted either by choice or accidentally, I cannot be held liable for any medical issues or problems, pertaining to either mother, baby nor partner, that may arise in the birthing space from lack thereof a third party medical maternal care specialist. **X \_\_\_\_ (initial)**

**I AM NOT THERE TO REPLACE THE DUTY OF ANY LICENSED AND OR CERTIFIED MEDICAL PROFESSIONAL NOR YOUR SPOUSE/ SIGNIFICANT OTHER.** We are a team with your best interest at the center. **X \_\_\_\_ (initial)**

**During our prenatal visit/s-** We will discuss how we can best work together in creating a birth and or postnatal experience that feels fulfilling to you. We work through anxieties & fears, plan for unforeseen events and discuss how to set up your labor/birth space. I will also make referrals to community resources applicable to your needs, make recommendations for other healthcare providers if required, and can provide resources to further empower you with education via books, other resources, and videos etc.

**During the on-call period-** I will have my phone with me at all times, 24 hours a day. I may have other commitments during this period but will have options in place, should you require me at your birth at any given time. Please keep me updated with how you are feeling both physically and emotionally including any signs that labor might be starting. Ideally, I need as much time as possible to arrange proper care for my children. **X \_\_\_\_ (initial)**

**When you are in labor -** I prefer that you call me when you think you are in labor, even if you do not yet need me. I will need minimum one hour, up to two, to get to you from the time you request my presence – **IT IS CRITICAL YOU CALL ME THE MOMENT YOU REALIZE YOU ARE IN LABOR OR I CANNOT BE HELD RESPONSIBLE FOR MISSING YOUR BIRTH.** Once you make initial contact, I can assess you or your partner's needs, answer questions and/or make suggestions over the phone or virtually. From here, we collaboratively determine whether my in-person presence is required. *If it is not*, we keep close contact within the hour, every hour, waiting for further change. *If my presence is required*, I make my way to your home or birth space to support you through active labor and delivery in person or virtually, depending upon chosen package.

**If I am unable to attend your birth-** In person per chosen package and no back up is available virtual support will be provided in addition to a partial refund. However, in my absence if in person support is required a backup doula will support you. If you choose not to have said support, there is no refund applicable. I will make every effort to provide the services described in chosen and paid for package. If I am not called on time or not called at all, I am not to be held responsible for missing the birth and hence no refund will be provided. If you have a very fast labor and birth before my arrival, we can discuss your needs and I can still meet you to provide postnatal and breastfeeding support, care, and debriefing.

**In the event of unplanned caesarean after labor begins-** I can continue extensive support in the recovery room (if possible) and the period after birth. I am available to still support you should you choose to have me there and if permitted by your chosen birthing location.



**In the event of a planned/scheduled caesarean-** I can provide support prior and during admission, in the recovery room (if possible) and the period after birth. I am available to support you should you choose to have me there as your +1 or if additional support people are permitted.

**In the event of covid-** If anyone test positive support cannot be provided and a partial refund is available from paid invoice with positive test results shown. If in quarantine or with any symptoms without test results present to be safe support will not be provided in person and I am not liable for not attending a birth due to covid. Every effort will be made to support virtually for safety purposes.

**Expected Investments**

All investments for my services are to made via Paypal, Personal check, and or cash and are due in full at the time of booking unless otherwise agreed it can be made, partially or in another form of payment. Any partial payment requires a minimum deposit of at least \$150 to save your spot on my calendar. The remaining amount is to be paid in full by 35 weeks gestation or before services are render if needed before 35 weeks.

**In the event of miscarriage, preterm labor, loss, or stillborn-** support services can still be provided. Any paid services you're not able to render for these unfortunate reasons are fully refundable and/or tradeable for comparable applicable services and transferable.

**This agreement confirms your booking of my services, on or around your estimated due date of \_\_\_\_\_ for which I will be on call for you from 38 – 42 weeks.**

**We have read this letter of agreement describing the birth support services and agree to everything as outlined in this agreement. I agree to the terms and conditions of this legally binding contract.**

Mother name (print): \_\_\_\_\_

Mother Signature: X \_\_\_\_\_

Partner name (print): \_\_\_\_\_

Partner Signature: X \_\_\_\_\_

Support Person: Tiara Morris (owner/operator)

Support Person Signature: X \_\_\_\_\_

Who do I have the pleasure of thanking for referring you?

\_\_\_\_\_

