

Precious Beginnings Doula Services

First off Thank you for considering Precious Beginnings Doula Services as your labour doula. The following information is the Labour Doula contract between Precious Beginning Doula Services and yourselves.

Initial Consult: This serves as a chance to meet one another to see if we are a great fit. You are under NO obligation to hire me as your doula. This is simply a get to know each other meeting.

Prenatal Visits: Two visits during your pregnancy to discuss how things are going, your birth plan, any questions or concerns, labour preparations, comfort measures you might be interested in and anything else you might have concerns with.

Continous Phone/email/text support: You will have access to me both during your pregnancy and postpartum

On call support 24/7 from 37 weeks until the birth of your baby!

I am on call from 37 wks in your pregnancy until the birth of your baby. You may contact me at anytime day or night if you are in labour or your water breaks. **PLEASE** do not hesitate to call me. That is what I am here for . **YOU!** Even if it is simply an answer to a question or concern you may have. I ask that you call me **AS SOON AS** you believe you are in labour or your water breaks. When you are ready for me to be by your side I will arrive as quickly as possible, unless some unforeseen circumstance arrives. IF you happen to go into labour before 37wks I will still try to do everything possible to be present for your birth.

What you get during labour:

Unwavering support for you and your partner during your labour whether that be at home or in a hospital. I will use or instruct whomever you'd like on comfort measures such as back massage, breathing and relaxation techniques, positioning and anything else to keep you

comfortable and relaxed. I will remain by your side during and after the labour and birth of your baby to support you in anyway you may need me.

Immediately following birth:

I will remain by you supporting you in any way necessary for 1-2 hrs postpartum. I will help assist you with establishing a breastfeeding relationship should you decide to breastfeed.

Postpartum Support:

I will visit you either at the hospital or your home 1 or 2 times to offer you any further support. During those visits I will offer you or any other member of the family any support they made need, answer any questions anyone may have and to see how everyone is adjusting to the new family.

What I can not do:

I DO NOT perform clinical tasks. I will be by your side to support you, help you advocate for yourself and provide you with information to make informed choices.

I DO NOT make medical decisions on your behalf. I can discuss and give you options but you and your partner must make and tell those choices to medical staff.

I can take photos for you if asked to but I am not a photographer and cannot be held responsible for any lost or damaged photos.

Cesarean Clause:

I will make every effort to be there for your birth, however sometimes birth plans do not go as planned. If you have to have a cesarean and want me to be with you I am happy to be there if allowed by the medical staff. Otherwise I will wait for you in the recovery room where I will continue to support you postpartum. My fee will not change.

If I can not be at your birth:

In the unlikely event that I am unable to attend your birth I will arrange a backup doula. In the instant of simply a fast labour or you choose not to call me, my fees remain the same. In the very rare case that neither myself or a backup doula are able to get to you ½ my fee will be returned to you. In the event of a fast birth I will meet you at the hospital or your home, and I will do my best to make up my services with postpartum assistance.(This includes support at home after baby born, with tasks such as cleaning, cooking, breastfeeding support or helping with older siblings)

It will take me approximately 90 mins to get to your birth so please call me as soon as you think you are in labour so that i can get my own arrangements made for my personal life. If you fail to notify me when you are in labour or your baby is born before I can reasonably reach you, a refund will not be issued.

Confidentiality:

Your information is private and confidential and will not be shared with anyone outside of us. However, by signing this contract you acknowledge and agree that your information may be shared amongst other doulas in my group. No names would ever be used.

Fee:

For my labour doula services I charge \$1000. This charge may be more if there is excessive travelling or circumstances involved. If you are also interested in hiring me as a postpartum doula I do have a package price for that service combined with other services. If for some reason you want my services but the fee might be an issue please talk to me and we can see what we can do. Half of the fee is due upon signing with the remainder due at or before 36 wks. Fees are payable by cash, cheque or e-transfer. ALL NSF charges are the responsibility of the client.

Failure to call:

If for whatever reason you decide to not call me for the birth of your baby even if it ends up being a c-section there will be a charge of \$70. If there has been a deposit made there will not be refund. I have made plans to be at your labour and birth at my own expense. Please make sure to call me even if I have gone home due to slow progress I am still on call for you.

Termination of contract:

If you wish to discontinue my services, at any time, a refund will not be issued for fees already paid

Failure to abide by the terms of this contract, including personal misrepresentation, failing to maintain contact with your doula, or failing to pay my fees in full when due will result in termination of the contract by myself.

We have read this contract in regards to Precious Beginnings Labour Doula Package, and agree to the terms enclosed.

Fee:

Deposit:

Remainder:

Clients:

Print name(client)

Signature(Client)

Print Name (Partner)

Signature(Partner)

Clients phone numbers:

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Date