

Service Agreement for Steena Ree Doula Support

My role as your Doula:

I'm independently employed and hired directly by you and (if applicable) your partner. I am not working for your care provider or hospital. You need to understand that I cannot - and do not - guarantee a specific outcome for your birth. My goal is to help you have a satisfying birth as you define it. My role as a birth doula is to provide physical, emotional, and informational support to women during their labor and encourage communication with the staff at the birthplace to ensure that you have the information needed to make informed decisions regarding your baby's birth. All information you give to me I keep strictly confidential. It is not my place to - nor will I - judge or question your choices.

Initial Consultation:

The first meeting is a time for us to get to know each other and decide if we want to work together. You and your partner must be comfortable with me and with my role in the birth. If you or your partner decide that we do not fit well, I encourage you to say so, there may be a different local Doula with whom you may have a better connection. If you do decide to retain me as your doula, you must sign this contract and return it via email or in person. The Retainer Fee is due upon the return of this contract signed by you (and your partner). The Retainer Fee is 50% of the full fee and is required to reserve your due date on my calendar. A payment receipt for the Retainer Fee is required to be provided along with the signed contract.

Prenatal Visit:

It is important to meet a few times before the labor to explore and discuss your priorities and to plan how we might best work together. During the prenatal meetings, we will review your preferences for labor and birth. I will ask about the expectations you have of your partner and myself during the birth, plus the roles of anyone else who will be attending the birth. The more we explore this in advance, the better I will be able to fulfill my role to support you. We will typically meet one to two times. In some instances we may meet more than three times, in others, we may meet less.

On Call:

I am available for phone and email consultations immediately after the signed contract is returned to me and receipt of payment of the Retainer Fee is confirmed. I encourage you to contact me with questions, concerns, and any updates. I do have regular office hours for non-emergency concerns, I will return calls, texts, and emails within the hours of 9-4:30. I will get back to you as soon as I am able but definitely within 24 hours. If you think you are in labor please call me any time whether outside office hours or not

I also encourage you to inform me if you have any comments, or concerns, after or regarding your upcoming doctor /midwife appointments so that I am up to date with all relevant details throughout the pregnancy. We must keep in contact with one another and communicate in the best way we can by keeping the channel of communication open and constant. At 38-42 weeks I will consider myself on call for you and will be available for you by phone at all times. If for any reason, I do not answer when you call, please leave a message and I will return your call as soon as is practicable.

In Labor:

When you think labor has begun, you must contact me as soon as possible, even if you are not sure whether you are really in labor. Again, the more notice I have, the better prepared I can be. Once you confirm that you are in labor, we will then plan to check in with one another every hour, or as often as you prefer, by phone. It is up to you to decide at what point in your labor you want me to come and be with you. Once you make that choice, barring any unforeseen circumstances (traffic, emergencies, etc.), I will be there within 1-2 hours (usually less, depending on distance). If your labor goes beyond 24 hours, I may need to call for backup doula care. Although I like to space my clients to ensure that I am available to attend every birth, the nature of delivery means that there is a rare occasion in which I may be at another birth when a client goes into labor. I will arrange for you to meet a backup doula just in case this happens.

After Birth:

I generally remain with a client for 1-2 hours after birth until you are comfortable, and your newly born family is ready for quiet time together. Each situation and birth are different and my duties will vary depending on your needs.

Postpartum visit(s):

My services include one postpartum visits, this visit takes place a few days after the birth. During the visit, I can provide breastfeeding support, baby care tips, and referrals to community resources. If you desire a second visit and a chance to discuss your birth experience or a chance to work on writing your birth story that is another option.

As a Doula, I DO NOT :

- Perform clinical tasks, such as taking blood pressure, fetal heart check, or vaginal exams, diagnose, or give our medical advice. I am there to provide comfort and support.
- Make decisions for you.
- Speak to the staff on your behalf. I will discuss concerns with you and suggest options, as well as encourage you to voice your opinions.
- Deliver the baby. If the baby is born on my watch at home, in the car or it is coming

quickly, I or your partner will immediately call the ambulance to further assist you. I will not act as a midwife or doctor but in the meantime, I will help keep you calm and guide you until they come. I am not a trained medical professional.

Failure to provide services:

I will make every effort to provide the services described above.

If my failure to attend your birth is due to an error on your part during the period in which I am on call (38-42 weeks), including but not limited to failing to call me or deciding against having a doula present at the birth full payment for my services is required under this contract.

If you decide against having a doula up to and including 34 weeks, you will not be required to pay the Remaining Amount. However, the Retainer Fee will not be refunded.

If for any reason you decide to have a caesarian section and you do not want a doula to attend the birth, you will still be required to make full payment for my services under this contract. Please note that under these circumstances a Doula can still support you through a caesarian section birth. I will also provide 2 postpartum sessions to help you around the house as well as with the newborn and breastfeeding.

If, during labor, you try calling me, are unable to get in touch with me within two hours from your first call, and your baby is born without me attending the birth, I will refund you the Retainer Fee.

If I am unable to attend your birth due to rapid labor (the baby is born less than two hours after you call me and ask me to come), I will provide an additional 3 hours of postpartum support at no cost once you are discharged from the hospital. This can include assistance with breastfeeding, laundry, cleaning, baby care, cooking, going over and or, creating your birth story, etc. My full fee applies.

Any other circumstances out of my control that result in my absence at your birth will be addressed on a case-by-case basis and may result in a refund of the Retainer Fee and/or waiver of the Remaining Amount.

Fees:

For the services described here, to be paid as follows:

\$700 as a retainer fee ('the Retainer Fee'), due when you select me as your doula and return a signed copy of this contract. \$700 is due at 35 weeks ('the remaining amount').

I/We have read this agreement describing the doula's services and agree to enter into a

client-doula relationship for the pregnancy and birth with a due date of _____.

Client Name _____ Signature _____

Client Name _____ Signature _____

Doula Name Anna Krienke Signature Anna Krienke

- Dated _____