

Contract for Doula Services

Lavender + Honey Doula Services

Philosophy of Practice:

~That birth is a normal, spiritual and physiological process and a beautiful journey in a mother and father's life

~You will be supported during your pregnancy, labor and postpartum period, in whatever choices you make

~You will be provided information to enable you to make informed personal choices

~I make every attempt to stay current on the latest birthing research

~I will maintain complete confidentiality of all details relating to your pregnancy and birth

~I will provide physical, emotional, and educational support that is tailored to each family's needs

~I do not perform clinical tasks such as blood pressure or fetal heart rate monitoring

~I strive to support you during labor so you can have a positive birth experience for the entire family

~I will be working for you, not your care provider or hospital

~If you desire, I will act as your advocate if a conflict arises with medical personnel or extended family during labor

~This experience is unique and perfect in its own way, no matter how it unravels

My Obligations:

- ~I will draw on my knowledge and experience to provide emotional support, physical comfort, and be a resource to make sure you have the information you need to make informed decisions.
- ~I will provide birth plan information and consultation.
- ~ I will answer questions and make suggestions over the phone any time during the pregnancy.
- ~I will be on call for you 24 hours a day beginning two (2) weeks before your estimated due date (EDD) up until labor begins.
- ~I can provide reassurance and perspective to you, offer suggestions to help labor progress, and help with relaxation, massage, positioning, counter pressure and other techniques for comfort.
- ~I will support both you and the father at all times. I can help him feel confident and informed, giving him ideas on how best to support you, and providing him with rest, reassurance, and reminders to keep himself nourished. At no time will I "take over" or deliberately exclude him.
- ~I will remain with you once active labor has begun until one to two hours after your baby is born, unless you decide you are comfortable and your family is ready for private time together.
- ~I may take short breaks for meals and rest if time allows – this will be discussed with you at the time and we will not leave you if it is inappropriate.
- ~I will strive to maintain a calm and peaceful birth environment.
- ~If you desire, I can serve as an advocate for you in the event that a conflict arises between the decisions you have made for your birth plan and the preferences of the medical personnel or extended family. This excludes any emergency situation that prevents your birth plan from being possible.
- ~Immediately after the birth I will help you initiate the breastfeeding process if that is what you choose to do. If you wish to bottle feed your baby, I will help you with the first feeding.
- ~I will assist in providing information and emotional support by telephone on postpartum care, breastfeeding, and newborn care for 10 days postpartum.
- ~Within the first week after the birth of your baby I will visit you one time at home or in the hospital if you wish. And will visit more upon request and discussion.
- ~I will answer questions or attempt to give you a referral to the appropriate professional that can meet your needs.
- ~All records will be kept personal and confidential.

By signing this contract, you agree to and understand:

- ~Compile a birth preference plan and discuss your choices with your caregiver.
- ~Tour your birth facility if possible.
- ~Call me when you think you may be in labor, even if you are not sure, so that I may make arrangements to attend your birth.
- ~Allow me approximately two hours to reach you after you have contacted me that you are in labor and needing support.
- ~Understand that a doula will not offer medical advice. If you have any medical concerns, before or during labor, please call your care provider.
- ~Doulas are not magical, as much as we wish we were oftentimes. I cannot guarantee any specific birth outcome.

Payment:

Preferred payment method is cash or venmo, but I can accept checks and Paypal as well.

Venmo username: Jessica_Bair

I firmly believe that every birthing person should have the support they need to make informed choices and have an empowering, wonderful experience. If, for whatever reason, you are unable to pay for services, I will work with you. Payments plans are always an option and I do whatever I can to keep my prices low to be able to serve more families.

A non-refundable deposit of \$400 will be due at the time of the signing of this contract. The remaining balance of \$700 will be due by 38 weeks of pregnancy. If baby is born before 38 weeks gestation, full payment will be due by the time I leave the birth space. This will result in a total charge of \$1,100 for all the listed doula services in this contract. We appreciate if you choose to pay in full, but understand everyone has different payment needs.

*if you are also choosing to use me as your placenta encapsulator prices may shift and will be discussed with each client personally.

If you decide not to employ me as your doula after signing this contract, the following will apply:

- ~Cancellation up to 34+0 weeks of pregnancy – 100% refund, excluding deposit.
- ~Cancellation at 34+1 weeks of pregnancy or after – no refund.
- ~In the event of a pregnancy loss at any point of the pregnancy - 100% refund, excluding deposit.

~If complications should arise and/or your birth turns surgical and /or rapid birth occurs the fee is non-refundable. I cannot refund for unexpected outcomes. Any outstanding

Failure to provide services:

~If you contact me to advise that you are in labor in good time, but I do not attend your birth due to an error on my part, I will refund the total amount paid, excluding the deposit. This deposit will be used as a payment for services prior to labor.

~If you are unable to reach me when labor begins, please leave me a detailed message, and keep trying.

~If you fail to call me to advise that you are in labor for whatever reason, you will not be due a refund of amounts paid. If there is a remaining balance outstanding, full payment will be due by a week postpartum.

Emergency Birth:

~In some circumstances, labor progresses more quickly than anticipated. If you feel that birth is imminent, or your baby has been born unexpectedly at home, you agree to first call your care provider or an ambulance to transfer you and your baby to the planned birthing location for evaluation. Once you have made arrangements for transport, please call me and I will meet you there.

~If your baby arrives unexpectedly at home with me present, you or the father will be responsible for the delivery of your baby. After the birth, I can help you arrange transport by ambulance to the planned birthing location. I am not responsible for delivering your baby or performing any clinical skills related to the delivery of your baby.

In signing this contract, you agree that you have looked over all the points herein, and you understand and agree with them. Please call me if you have any questions or concerns. I look forward to sharing this journey with you!

Miscellaneous:

~I reserve the right to terminate our contract if I feel my safety is in jeopardy at any point in our agreement. I will provide names and numbers of other doulas in the area to pick up where we have left off so the mother is still supported. If payment has been made I will à la carte services that have been rendered up until that point and either reimburse or ask for the outstanding balance.

~I also reserve the right to terminate our contract if no payment has been made by 35 weeks of pregnancy. I will provide names and numbers of other doulas in the area to pick up where we have left off so the mother is still supported.

Information:

Mother's information:

Name_____

Due Date_____ Phone Number_____

Email_____

Address_____

Intended Birth Location: hospital_____ birth center_____ home_____

-Which one? (Provide address as well) _____

Birth Partner: _____

Relationship to Mother & Baby:_____

Baby's Information:

Gender: M F Surprise

Baby's Name: (if already decided on) _____

Who will be in your birth room: _____

I like to provide a meal for after baby's birth, are there any allergies to be aware of or anything specific you would like? How many are in your family?

Occasionally I like to try new methods and recipes for my placenta encapsulations. If you are not wanting to encapsulate, would you be willing to consent for me to take your placenta home to practice on or use for educational purposes?

Yes_____ No _____

Signature: _____

During Labor my typical philosophy is: "It is better to have a picture to delete, then wish we had taken more." Are you comfortable with me snapping a few pictures, time allowing, of your labor/birth/postpartum? I will only ever share pictures that I have been given approval to share. I mostly want them to give to you after things have settled down.

Signature: _____

Oftentimes I have newer doulas or backup doulas wanting more exposure in the birth world and ask if they can tag along to a birth with me to experience, learn and lend a helping hand. This would come at no extra cost to you and your package. If this opportunity presents itself, are you comfortable having an extra doula tag along? I would have them accompany me to our last prenatal appointment to meet you and make sure you are comfortable with them in your birthing space before your big day! (Please feel no pressure either way!)

Yes:___ No:___

Payment option: Venmo___ Cash___ Paypal___ Check___ Other___

Client's Signature: _____

(if electronically signed, just typing your name will suffice.)

Date Signed:_____

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