

Contract for Doula & Placenta 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 it's 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 \$800 will be due by 39 weeks of pregnancy. (Prior to additional add-on options for placenta encapsulation.) If baby is born before 39 weeks gestation, full payment will be due by the time I leave the birth space. This will result in a total charge of \$1,200 for all the listed doula and placenta services in this contract. We appreciate if you choose to pay in full, but understand everyone has different payment needs.

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 payments will still need to be paid.

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.

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+0 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.

~If you have failed to make any payments towards my services, including deposit, by 34+0 weeks of pregnancy I do reserve the right to reconsider our agreement and terminate my services. I will provide names and numbers of other doulas more suited to your price point so the mother still has the option to be supported.

Placenta Encapsulation:

Would you like photos to be taken of your placenta and included? YES___ NO___

May I use the photos taken for educational, advertising, and marketing purposes? Your privacy will be protected; no identifying information will be available.
YES___ NO___

Any known allergies?_____

Any blood pathogens? HIV___ AIDS___ HEP___ STDs___ None___

It is your responsibility to inform me of any known blood-borne illness(es) or other health issues that I, Jessica Bair, may become infected with through contact of bodily fluids (specifically maternal and fetal blood and amniotic fluid).

By signing this I am stating I have read the above and am understanding that it is my responsibility to let Jessica know if there are any blood borne pathogens that may compromise encapsulation.

Client Signature:_____

Date Signed:_____

(if electronically done, just type name.)

It is important to note that there may be circumstances under which your placenta cannot be used. Significant abnormalities of the placenta may require your provider to send your placenta to Pathology for further examination. Other conditions, such as signs of infection during labor, may mean that consuming your placenta will not be beneficial to you. If in doubt we will consult with you before processing. It should be possible to claim your placenta after Cesarean surgery. If

we are not able to obtain and use your placenta for any reason, you will be refunded \$100. Please let me know if you have any health concerns which may affect the health of your placenta or the health and safety of anyone who may come into contact with your placenta.

Once baby has been born and everyone is settled Jessica Bair will be taking the placenta home with her to start the encapsulation process. Please allow up to 72 hours for the encapsulation package to be dropped off to your home.

It is also the client's responsibility to discuss release of her placenta with her health care providers prior to delivery. In addition, it should be properly stored immediately after delivery. Jessica Bair will help oversee this process before taking it with her to encapsulate.

Your placenta must not be treated with alcohol, formalin, or any other preservative. Your placenta will be handled and encapsulated according to OSHA standards.

When it comes time to encapsulate your placenta, if there is an illness present in my home I will notify you and properly store your placenta until the illness has passed to ensure the best quality of encapsulation. PPE is always worn and sanitation/cleanliness is my top priority when encapsulating.

Proper Storage

Your placenta may be kept at room temperature for 2-3 hours. After that it should be refrigerated or otherwise kept cool. If it is going to be more than 48 hours before the placenta can be prepared it should be frozen. A frozen placenta may require an extra one or two days of preparation time to allow for gentle thawing.

Preparation for pick-up/drop-off

Your placenta should be prepared for transport by placing it in a glass Pyrex container, large zip lock, or container hospital provides. Once the family is settled and it is agreed Jessica goes home she will transport it in a disposable cold/hot bag.

Your specific package may differ in price and will be discussed personally.

This package includes: (mark all add ons you would like)

☒ \$100 Placenta Encapsulation

Add on:

☐ \$10 Umbilical Keepsake

☐ \$10 Placenta Art

☐ \$15 (12) chocolates

☐ \$15 Postpartum Sitz Bath

☐ \$30 tincture

☐ \$30 Placenta Salve

☐ \$10 up to 3 herbs added into encapsulation

☐ Lemon- is an antiseptic and helps to distribute the placenta throughout the body. It may also help with boosting immunity, improve digestion and support heart health.

☐ Ginger- is a warming herb; it is thought to lend its properties to the placenta. Ginger will help the body's digestive system and absorb the nutrients. The ginger specifically acts as a facilitator for energy and good blood flow.

☐ Lavender- may help with lowering stress levels. It can also lessen postpartum + menopausal hot flashes. It has been shown to lower blood pressure + heart rate. It may help improve sleep. It is a natural remedy for pain and some studies indicate it promotes hair health and growth.

☐ Crushed Red Pepper- may be good for heart health, immune system support. It can boost energy levels and has been shown to reduce glucose levels.

___ Turmeric- Medicinally is now used to treat, among other things, arthritis, digestive disorders, respiratory infections, allergies, liver disease, and depression

___ Maca- Helps the body manage stress. It may help increase your energy. It is thought to also help with symptoms of PMS, menopause, and postpartum depression.

___ Red Raspberry Leaf- This astringent herb helps restore tone to uterine and pelvic muscles, may curb excessive bleeding, and assist with wound healing. This herb contains highly bio-available forms of calcium, magnesium, zinc, potassium, Vitamin C, iron, and B vitamins. Red raspberry leaf can act as an anti-diarrheal, antiemetic, and as a galactagogue.

___ Ashwagandha- Relieves stress and anxiety. Ashwagandha is perhaps best known for stress relieving properties. It may also help support heart health, sharpen focus and memory.

I/We have read and agreed to the services and terms to the Placenta Encapsulation portion of this document.

Client Signature _____ Date _____

Disclaimer: The information on this page has not been evaluated by the Food and Drug Administration. The services I offer are not clinical, pharmaceutical, or intended to diagnose or treat any condition. Families who choose to utilize the services I offer take full responsibility for researching and using the remedies.

Upon receiving your placenta capsules, the client waives any and all rights to hold Jessica Bair responsible for any undesired effect of consuming the capsules.

Information:

Mother's information:

Name_____

Due Date_____

Phone Number_____

Email_____

Address_____

Intended Birth Location: hospital_____ birth center_____ home_____

-Which one? (Provide address as well) _____

Birthing 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?

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.

Yes:____ No:____

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____

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!

Client's Signature:

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

Date Signed:_____

Lavender + Honey Doula Services
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