

Contract for Doula Services

As a doula:

- I provide emotional and physical support to a pregnant person during their pregnancy, labor, delivery and even postpartum!
- During the prenatal period, I provide information and education to help inform you of your options.
- In labor, I can also facilitate communication with staff to ensure that you have the information that you need to make informed choices.
- I will support you during your pregnancy, labor, delivery, and in the postpartum period, in whatever choices you make.
- I offer prenatal appointments, support during your birth, and postpartum appointments in your home.
- I act from the awareness that birth is a normal physiological process and from profound life experience.
- I will respect and maintain your privacy by following HIPAA guidelines.
- I will strive to support you during labor to ensure a positive birth experience in the ways that you seek.
- As I am independent and self-employed, I work for you, not your care provider or hospital.
- I can provide reassurance and perspective to you, make suggestions to help labor progress, and help with relaxation, massage, positioning, and other techniques for comfort.
- I will be on call for you 24 hours a day beginning two weeks before your estimated due date (EDD) up until labor begins. This means that I will carry my cell phone with me at all times, and will not leave town without advising you unless it is an emergency or an event not known about at the time of this contract signing. I will inform you of periods when I am unavailable and arrange back-up doula support.
- I will take responsibility as your primary doula. I am the person that you first contact when you are in labor. If for any reason you are unable to contact me, or due to an emergency I cannot be with you, please contact your assigned back-up doula. I will provide contact details to you.
- Once you have requested me to act as your doula, I will arrange a prenatal visit with you to happen within 3 days. During this 1st visit: we can discuss any questions you might have, sign our contract, and go over exactly what you want from me as your doula. I will discuss birth preferences options, when you will call me in labor, etc. Additional visits: will cover childbirth education including physiology of labor, further breathing & relaxation, breastfeeding, prenatal and postnatal exercises.
- The presence of a doula lifts the sole responsibility of the labor off the shoulders of your partner or other support people, allowing them to enjoy the whole birth process. I can help them to feel calm and informed, giving them ideas to continue support from beginning to end.
- At no time will I "take over" or deliberately exclude your partner. I am there to provide support to both of you at all times. Sometimes a partner likes to stay by the mother's side during the whole of labor, while others prefer to take a break.
- If you desire, I will come to your home to provide labor support, and we can leave for the hospital together. This allows parents to labor at home with confidence.
- I will remain with you once active labor has begun until one to two hours after your baby is born. I may take short breaks for meals and rest if time allows – this will be discussed with you at the time and I will not leave you if it is inappropriate. I will help to initiate breastfeeding.
- As a doula, I can help prepare you for your birth, but I cannot guarantee that your birth will go as planned. If you plan a vaginal delivery and a caesarean is performed after the onset of labor, I will continue to provide support during the caesarean surgery (as allowed by hospital and/or doctor policies). In this scenario, my full fee still applies and no refund will be given.
- I will assist in providing information and supplying emotional support by telephone on postpartum care, breastfeeding, and newborn care after the birth, as requested. Please contact me if you have any concerns about breastfeeding or how you're feeling emotionally. If I cannot help, I will be able to find the appropriate person who can.

- Within the first 7 days after the birth of your baby I will visit you at home. I will answer any questions, help with any needs I can, or give you a referral to the appropriate community resources that can meet your needs.

Limitation of Services

- Because I am only a doula and not a midwife—I do not perform clinical/medical tasks of any sort including taking blood pressure, listening to fetal heart tones, or performing vaginal exams.
- As I am not your care provider, I will not diagnose or treat problems that may arise in pregnancy or labor.
- I do not make decisions for you or tell you what to do.
- I will help you get the information you need to make an informed decision.
- I will remind you if anything seems to be a departure from your birth plan.

Your Obligations

- You will contact 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.
- You will allow me approximately one hour to reach you.

Failure to provide service

- I will make every effort to provide the services described here.
- In the case of a rapid birth or medical emergency, it may be impossible for me to provide these 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 current amount due less. If you are unable to contact me, you are required to attempt to contact your backup doula, if one has been assigned.
- 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, this will be due.

IMPORTANT - Emergency Delivery

- In some circumstances, labor progresses more quickly than anticipated. If you call me to advise that your labor has progressed very quickly and delivery is imminent or your baby has been born unexpectedly at home, I can call an ambulance from the hospital you were planning to deliver at and arrange for you to be transferred to that hospital if you feel it is necessary.
- If the birth takes place unexpectedly at home and I am present, I will assist you, drawing on my professional training, and can arrange an ambulance to bring you to the hospital immediately afterwards if you feel it is necessary.

Fees

- My doula fee is offered on a sliding scale. The fee may be paid by
Venmo (thesafehavengraceworshipcenter@gmail.com Sister Mary Tidwell@SafeHavenGraceWC),
Cash app (Safe Haven Grace Worship Center \$\$safehavengracewc),
PayPal (mtidwell@safehavengracewc.org Mary Tidwell@safehavengraceWC)

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

- A deposit of \$50 will be due within 3 days of requesting me to act as your doula. This deposit holds your place in my schedule.
- \$200 as a retainer fee, due when you select me as your doula and sign this contract.
- \$50 due with each completed check-in/visit after the initial visit
- \$100 on day of labor and delivery if under 4 hours
- \$150 on day of labor and delivery if over 4 hours

I/We have read this contract describing the doula's services and agree to enter into a client- doula relationship for the pregnancy and birth with an estimated due date of _____.

Client(s) Name(s): _____

Client(s) Signature(s) Date: _____

Doula Signature Date: _____