

Doula Ragnhild Torjesen
Imagine Birthworks
450 48 050
ragnhild@imaginebirthworks.no
www.imaginebirthworks.no

** Example agreement **

Due to the Covid-19 pandemic, I now adjust each single agreement to the current situation, aiming to give you a feeling of safety and continuity regardless of the unpredictable factors we are facing. The terms of payment are changed slightly away from payment in advance (as outlined below) and towards payment 'as we go' for each part of the service that we're actually able to carry through as hoped and planned.

Dear xxx!

This is our agreement regarding doula support for your birth.

Please read, sign and return it to me.

You will receive invoices for the deposit and the final payment by email.

When the deposit is received, your spot is reserved in my calendar.

Please contact me if you have any questions.

As your doula I want to offer you a golden thread of support and care through your pregnancy, birth and postpartum period.

I draw on all my knowledge, experience and tools to give you physical, emotional, practical and informative support tailored to your individual needs.

My focus is on guiding you towards the birth and postpartum you want and helping you feel safe every step of your journey. Thanks for letting me follow you!

It is important to emphasize that I do not have any medical expertise.

I cannot be held responsible for any specific outcome for you or your child.

I can guide you in your choices, if desired, but you are responsible for making the right decisions for you.

Your birth package includes:

Availability

From the time we sign this agreement, I am available to you by phone, email and chat, within my normal working hours: 9 am to 3 pm, Monday to Thursday. I encourage you to contact me with any questions, concerns or updates. I'll answer as soon as I can. During the on call period, and otherwise if the situation demands it, you can contact me at any time.

All meetings take place at your home or at an agreed location.

Within a radius of 50 km from Garderengveien 61 (1455 Nordre Frogn) travel time and costs are included in the package price.

If you live further away than that, there will be an additional fee of 5 kr pr km exceeding the 50 km mark.

Prenatal meetings

2 x 90 minutes, or 1 x 3 hours

This is a time to explore your priorities, wishes and needs, as well as any fear or concern you might have about your birthing, so that we get a common understanding of what is important to you and how I best can contribute.

Examples of themes to discuss:

- Your idea of an ideal birth and postpartum time.
- The physiological process of birth and the birthing hormones.
- Comfort measures and natural/medical pain management techniques.
- Your expectations of yourself, your partner/other birth companion, your doula, and the birthing environment.
- Your way of coping with pain, stress and challenging situations.
- Birthplace, informed consent and your rights as a birthing person.
- Dealing with the unexpected.
- Procedures and interventions at the hospital.
- The first hours after birth and the 4th trimester.
- Your "Letter to the midwife".

On-call period

You choose an on-call period of 3 weeks, around the time of your estimated due date. During this time I am available to you 24/7, ready to leave whatever I'm doing at short notice, whenever your birth starts. I'll remain within a reasonable distance of your birthplace and have the phone with me at all times. Should I not answer your call right away, please leave a message to let me know what's up and I will get in touch as soon as possible.

Please keep me updated as to any progress you or your caregiver feel you are making towards your birthing. The more information I have, the more prepared I will be when it is finally time to leave.

Birth

When you think that your birth is starting, please contact me right away - even if you are not quite sure that "this is really it", and even if you don't want me to join you quite yet.

This helps me reach you as quickly as possible, whenever you want my support.

Once you've asked me to come, I usually arrive within 120 minutes or less, depending on distance, traffic, etc.

When your baby is born I will stay with you for one to two hours, until you are settled and ready for some quiet time with your newborn family.

Tools I might use to facilitate a good birthing experience include:

- Suggestions on use of breathing and voice.
- Suggestions on use of movement and various positions.
- Massage and touch.
- Counter pressure and acupressure points.
- Relaxation techniques and helping you to rest when possible.
- Suggestions on use of water, birth ball, squatting bar, etc.
- Spinning Babies techniques for optimal fetal positioning and descent/rotation through the pelvis.
- Providing nourishment and hydration for you and your partner.
- Focus on a good dialogue with the care providers at your birthplace.

I will always support a partner and/or other birth companion in participating at their own terms, supporting you, and meeting their own needs.

I will also support you in getting the information that YOU feel you need - on any procedure or intervention your medical care providers might suggest; on your rights as a birthing woman; on your options and alternatives - so that you can make the decisions that are right for you. I can not speak on your behalf with your care providers, but I will support you in asking questions and in making your voice heard at your birthing place.

Postpartum visit

3 hours

Within the first weeks after birth, I will come to visit you at your home, to talk through your birth experience and help out with anything you might need: be it breastfeeding support, newborn care, massage, cooking, cleaning, looking after the baby or older siblings while you shower or nap, babywearing with a sling or wrap, etc.

If you want more postpartum support than what is included in this package, please reach out!

Terms and conditions

- Although I space my birth clients responsibly, there are of course never any guarantees that babies come when we think they will. If for an unforeseen reason (in my life) I am not able to attend your birth, I will offer an extra 8 hours of postpartum support during the first days and weeks following your birth. I can reveal that this has never happened thus far.
- Should your labor start before the on-call period, I will do my utmost to make space for your birth in the midst of my other obligations, but it might take me some more time to reach you, and I might have things on my schedule that I cannot cancel.
- Should your pregnancy last longer than our preset on-call period we can extend the on-call duty for 800 kr/day or 4000 kr/week.

- If you want and need an additional guarantee of doula support for your birth, we can arrange for a backup doula (with the additional cost of her on call period).

Cancellation

- If you cancel within 2 weeks of signing this agreement, I will refund the deposit.
- If you cancel later than 2 weeks after signing, the deposit will not be refunded.

Payment

- The total investment for this birth package is **35.000 kr**.
- The deposit for the on-call period, **12.000 kr**, is due 7 days after signing this contract.
- The remaining amount is invoiced as we proceed with the different segments of the package.

Privacy and profiling

- All information you share with me will be kept strictly confidential.
- Social media helps make my services known to those who need them, so feel free to share your experience with Imagine Birthworks on your platforms or mine.
- I sometimes wish to share something from my client work, because of the value it could offer others. If this includes something that could make you identifiable to my followers, I will ask for your explicit consent before posting. It is important for me to stay within your comfort zone regarding your privacy, and I totally respect that we all have different limits when it comes to exposure, so I ask that you answer with complete honesty if and whenever this comes up.

You can find my business page @Imagine Birthworks and private profile @Ragnhild Torjesen on Facebook and @imaginedoula on Instagram.

Check if you agree:

☐

Yes, I/we accept that Ragnhild Torjesen shares her perspective of working with me/us, as long as no identifying information is given, to promote Imagine Birthworks.

Signatures

*I/we have read and understood this contract with my/our doula **Ragnhild Torjesen** and agree to it's terms.*

Estimated due date: _____

On-call from: _____ **through:** _____

Date and place: _____

Client:

Print

Signature

Partner:

Print

Signature

Doula:

Print

Signature