

Labor Support Doula

Service Description & Contract

Description of a Labor Doula

A labor doula provides continuous physical, emotional, and informational support during labor, childbirth and postpartum. She helps facilitate the birth experience for the parents, baby, and primary care providers and provides explanations of medical procedures and interventions.

In addition, a doula is an important support during pregnancy, providing advice and suggestions to make pregnancy more comfortable. Doulas can help with preparation of a birth plan. A doula can also help the new mother postpartum with breastfeeding.

Limitations

Doulas **DO NOT** perform **ANY** clinical tasks such as heart rate or blood pressure checks or vaginal exams. These things are better left to your chosen medical care providers.

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 will direct you to call an ambulance to arrange for you to be transferred to a hospital.

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

Disclaimer

Doulas are not doctors or midwives, and do not practice medicine, nor diagnose and treat pregnancy or postpartum related symptoms. Information presented in our meetings and conversations is not intended as a substitute for the medical advice of a properly licensed health care professional. In addition, doulas do not make specific health claims or promise medical results. We provide education and guidance, pregnancy, labor, postpartum, and breastfeeding support.

Service Description

Once you have requested me to act as your doula, I will provide the following services:

- I will provide two (2) prenatal meetings. At these meeting we will discuss your personal, relevant medical information, preferences for the birth of your baby and other birth related information.
- I will be available to answer questions and make suggestions over the phone or by email any time before labor begins.
- I will provide early labor support as requested, including in your home.
- 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.

WDS Labor Support Doula Service Description & Contract, cont

- I may utilize non-medical support techniques for labor and birth.
- I will strive to maintain a calm and peaceful birth environment.
- I will maintain a birth log as circumstances allow. This will then be given to you within 2 weeks of the birth of your baby.
- I will assist in providing information and supplying emotional support by telephone and/or email on postpartum care, breastfeeding, and newborn care after the birth, as requested. Please contact me if you have any concerns. If I cannot help, I will be able to find the appropriate person who can.
- I will help to initiate the breastfeeding process, if that is what you choose to do. *Please note, I am not a breastfeeding or lactation consultant, but will refer you to one if you would like.* If you wish to bottle feed your baby, I will help you with the first feeding.
- Within the first 5 days after the birth of your baby I will visit you at home or in the hospital, if desired. I will answer any questions or give you a referral to the appropriate professional that can meet your needs. I also offer one additional follow-up visit to discuss the birth with you, if desired.

If you have chosen the Childbirth Birth Package, in addition to the above services, you will also be provided with:

- A private, 3-class Childbirth Education series, which includes pregnancy, labor, birth and postpartum education, plus breastfeeding and newborn basics. This series is tailored to your specific interests and goals.

If you have chosen the Luxury Birth Package, in addition to the above services, you will also be provided with:

- Unlimited additional prenatal meetings, for the purpose of your choice.
- Labor bag, filled with helpful essentials and tailored to your individual preferences.
- A one-time postpartum doula visit (approximately 3 hours) to help you settle in with your newborn. This service includes light cleaning and food preparation/planning, breastfeeding help and support, newborn care basics, etc.

After your birth a copy of my records will be given to you to keep, if you desire. I will not share these records with any other person without your express permission.

All records are personal and confidential.

Client Responsibilities

- Honest communication about any relevant medical or emotional health conditions.
- You will create a birth plan or list of preferences and discuss this with your caregiver. It is not necessary to provide a written list if you do not desire.
- You will tour your birth facility.
- You will inform your care provider that you have hired a doula.
- Once you have reached 37 weeks gestation, you will call or email after each prenatal visit to provide any pertinent information.
- You will **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.
- You will **allow me approximately one hour** to reach you.

WDS Labor Support Doula Service Description & Contract, cont

Fees

The following birth packages are available:

_____	Basic Doula Services:	\$450.00 (\$150.00 deposit)
_____	Childbirth Education Package:	\$500.00 (\$200.00 deposit)
_____	Luxurious Pregnancy Package:	\$650.00 (\$250.00 deposit)

A non-refundable deposit is due at our first prenatal visit. This reserves your place on my calendar. The remaining portion is due by 38 weeks, unless otherwise agreed upon as follows:

Payment arrangements are available. I work on a sliding scale! Please let me know about financial constraints *ahead* of time, so that we can work something out. All women who desire a doula, deserve a doula.

Refunds

You reserve the right to cancel services at any time before or during the birth of your baby. If you **decide not to employ me** as your doula **after** signing this contract, the following will apply:

- Cancellation more than 4 weeks before your due date – **50%** refund (less deposit)
- Cancellation between 4 weeks and 2 weeks before your due date – **25%** refund (less deposit)
- Cancellation less than 2 weeks before your due date – **no refund**

If, **after** signing this contract, you plan to have an elective/scheduled caesarean and **do not** require me to be with you immediately before and after the birth of your baby, an amended service is available. I will still provide full prenatal care and one postpartum visit, within 5 days. If you choose this amended package, a **\$100** refund will be given to you. You must advise me of your decision to have a planned caesarean **at least 2 days before your estimated due date** for this amended package to apply.

No refund will be due for a caesarean birth, scheduled or not, if I am with you before and/or after the surgery.

If you would like additional prenatal or postnatal visits, these are available as required. These visits are invoiced separately.

Failure to Provide Service & Backup Information

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 **total** amount paid **less deposit**.

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**.

WDS Labor Support Doula Service Description & Contract, cont'

If you begin labor, and I am unable to attend your birth for any reason (ie major illness or accident, unexpected emergency, scheduled time away/vacation that you are already aware of, etc), you will be instructed to call my back-up doula. If you choose **NOT** to employ the back-up, no refund will be given. If you do use the back-up, there is no need to pay anything additional and she will be compensated for her work by me.

In signing this contract, you agree that I have discussed all the points herein and you understand and agree with them.

Client's printed name

Due Date

Client's signature

Date

Doula's printed name

Doula's signature

Date

