



IMAGINE HEALTH
PARTNERS IN WELLNESS

Date:

Doula Client:

Due Date:

Doula Service Contract

The goal of the doula is to help the parents have a positive and rewarding birth experience.

General Services

- One to two prenatal visits to get to know parents and discuss goals of birth
- Lending library of reading materials
- Assistance with writing birth plans
- Telephone consultations during the pregnancy, early labor and postpartum
- E-mail consultations for additional information during pregnancy or after birth
- Referrals to other professionals as needed
- Continuous support during labor (see below)
- Immediate assistance with breastfeeding after birth
- Postpartum visit – breastfeeding consultation and assistance with sleep issues

Labor Support Services:

The doula provides the following assistance to the parents before, during and after labor.

- Phone consultations in early labor to guide primary partner/father and assess progress.
- Attend to the laboring mother when she is in active labor or feels the need to have the doula present.
- Information about what is happening throughout labor and birth.
- Use of comfort techniques for pain management (massage, relaxation, heat/cold therapy, birth ball, counter-pressure, breathing patterns, vocalizations, imagery, etc.)
- Suggestions to enhance the birthing environment (music, dim light, aromatherapy, candles, limiting unnecessary staff.)
- Ideas for non-medical stimulation or progression of labor (position changes, walking, nipple stimulation.)
- Suggestions for maternal positioning to help with comfort and progress.
- Involving father or primary support person in ways he/she can help.
- Reminders to mother for nutrition, hydration and urination.
- Sharing client's preferences or goals with the medical staff.
- Encouragement and support for client's decisions.
- Assistance with positioning and latch for first breastfeeding.
- Bringing food/drink to mother immediately after birth.
- Remaining with family if complications arise with baby or mother.

- On-going breastfeeding support in first two weeks postpartum
- Assistance with calming baby and encouraging sleep.

Procedures/Actions Not Performed by the Doula:

- Vaginal or pelvic exams
- Palpations of mother's uterus to assess position of baby
- Assessing or recording fetal heart tones
- Checking mother's vital signs such as blood pressure, pulse, temp, IV
- Give medical advice or diagnose a medical condition
- Prescribe medications or herbal supplements
- Read medical charts
- Give second opinions
- Persuade clients to follow a particular course
- Provide food or beverages not approved by the medical caregiver
- Speak on behalf of the clients
- Perform any newborn procedures on the baby

Responsibilities of the Clients

- The clients will take an appropriate childbirth preparation course.
- The clients will take a tour of their birth facility
- The clients will keep the doula aware of any changes in the pregnancy or any conditions which may affect labor or birth.
- The clients will share a written birth plan with the doula and complete all questionnaire forms and return them to the doula by 36 weeks of pregnancy.
- The clients will consider the doula's schedule when making plans for a nonemergency induction of labor or a cesarean.
- Clients will contact the doula when labor first begins so that she can make necessary arrangements or changes in her schedule.
- Clients will keep in regular phone contact with the doula during early labor so that she can help identify any changes in labor.
- Clients will meet all contract deadlines.
- Clients will recognize that the circumstances of the mother's labor are not within the doula's control and that she cannot guarantee the mother a faster, easier or less painful birth.
- If the clients have been assigned a back-up doula, the clients will contact her by phone and/or meet in person to discuss their goals and preferences.

Disclaimer

The doula will not claim any medical responsibility for injuries or incidental and punitive damages suffered by the client. The clients recognize that the doula is not responsible for any medical interventions used by other caregivers nor is in any way responsible for the outcome of the labor or the health of the mother or baby.

Fees

Include all services listed on page 1 of this contract: \$700

- Deposit of 50% or \$350 is paid when services are contracted; the remaining fee to be paid prior to 38 weeks unless the doula and client agree upon other arrangements.
- If a payment plan option is desired, all fees must be paid on or before 38 weeks.
- If the deposit has not been received prior to the onset of client's labor, services will not be rendered.
- Checks (made out to the primary doula) or cash is accepted.
- Fees are negotiable in special circumstances.

Refunds and Special Circumstances

There are occasions where the primary doula cannot attend to the mother in labor.

These include:

- Family emergencies
- Illness
- Various other unforeseen circumstances (for example client has preterm labor during doula's planned vacation or business trip.)

In these cases, the primary doula will send in a qualified replacement (see below). If clients fail to notify the doula regarding the onset of labor, labor is precipitous, a cesarean is recommended, clients change their mind about doula services for any reason during late pregnancy or labor or for any reason do not use the doula service after this contract has been signed, no amount will be refunded from the total fee. Should the medical staff restrict the doula's presence in any way (ex. accompanying the mother to the OR, or immediate recovery) no amount will be refunded from the doula fee. If a client does not schedule pre and/or postnatal visits or elects to not have one or more visit, nothing from the full fee will be refunded for not making use of these services. The reason that refunds are not provided in these circumstances is that once this contract is signed, the doula agrees to be on call and available whenever the client needs assistance during labor. As a doula we have cancels meetings, classes and other appointments to assist the laboring mother, as well as hire childcare for our own children. In addition, the doula accepts a limited number of clients per month and turns away prospective clients once that number is reached. The client is responsible for payment of the fee once the services are contracted, regardless of circumstances or outcome of labor.

In the event of an unplanned cesarean, the doula will return after surgery to assist with breastfeeding as well as provide a second postpartum visit in her home 1-2 weeks after birth. If the mother has a scheduled cesarean, the doula can meet the mother in her postpartum room to provide breastfeeding assistance in addition to 2 extended postpartum visits scheduled at client's convenience.

Use of Back-Up Doula Support

The primary doula reserves the right to call in a qualified back-up doula (Heather Jaworski or Sarah Rasmussen) in the event that labor is prolonged (length of labor support is more than 24 hours and birth is not imminent) or the primary doula is unable to attend to the laboring mother (see circumstances above.) A back-up doula would relieve the primary doula and when possible, the

primary doula will then attend to the client as soon as she is able. The backup doula will receive a portion of the primary doula's fee based on her time spent with the family. If the clients do not wish to use a back-up doula under any circumstances, they must inform the primary doula prior to going into labor.

Additional Services

If the family is interested in extended postpartum assistance, including:

- Additional Breastfeeding support
- Instructions for baby care (bathing, dressing, diapering)
- Light housework (laundry, dishes, etc.)
- Meal preparation
- Help with older siblings (games, reading, meals, outdoor play, homework)

This is available for an additional \$25 per hour within 1-4 weeks after birth for up to 5 hours per day. Please contact the primary doula for more information since arrangements for postpartum services must be made in advance.

We have read and agreed to the above contract regarding doula services.

Clients _____ Date _____

_____ Date _____

Doula _____ Date _____

_____ Date _____

Contact Information

Client Name: _____ Phone #: _____

Doctor (OBGYN) Name: _____ Due Date: _____

Partner/Spouse Name: _____ Phone #: _____

Address: _____

Email: _____