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**Doula Services Contract**

 As a birth doula, I provide emotional and physical support to a woman during her labor and delivery. I can also facilitate communication with the staff to ensure that you have the information you need to make informed decisions regarding your baby’s birth. I can provide reassurance and perspective to you and your partner, make suggestions for labor progress, and help with relaxation, massage, positioning and other techniques for your comfort. I am independent and self-employed, and as such, am working for YOU, not your caregiver or place of birth.

**On Call Period**

I will be on call 24 hours a day beginning 2 weeks before the estimated due date and ending two weeks after the birth of your child. This means that I will carry my cell phone with me at all times, and will not leave the Fraser Valley area unless it is an emergency or an event disclosed at the time of this contract signing.

**Prenatal Conference**

We will have a prenatal meeting to review your Birth Plan, and give us a chance to talk in detail about your preferences regarding your birth. I will ask about your knowledge of the birth process, and can provide information and education as needed. I will want to know your own personal ways of coping with pain and fatigue and difficult situations, and see what resources we can draw upon to assist you with the birthing experience. I will want to know how you and your partner foresee working together and the roles of others who may be attending the birth. We can discuss together what fears and concerns you have regarding the birth. We can review your preferences regarding the use of pain medications. My role is to help you have a satisfying birth as you define it. The more we explore this in advance, the better I will be able to fulfill this role.

**Late Pregnancy**

I am available for phone consultations and email question in late pregnancy and encourage clients to call with questions or updates. Once we enter the on-call period, I encourage clients to check in with me every few days to let me know how they’re doing.

**When Labor Begins**

We will discuss in prenatal meetings what you expect and want during labor and we will also evaluate by phone once your labor has begun and you know what your needs are. When you think labor has begun, CALL me and let me know so I can begin making arrangements to attend the birth. I can then answer questions and make suggestions over the phone, and we can decide if I should come to you then, or wait for further change. I usually need approximately one hour to get to you from the time you ask me to come. We will also decide where to meet (home or hospital). It is up to you to decide at what point in your labor you want me to come and be with you. Once you make that choice, I will generally be there within an hour and will remain with you until after the birth.

**When You Are In Labor**

Comfort Techniques: I will offer help and advice with comfort measures, such as guiding your breathing, enhancing relaxation, encouraging movement, suggesting effective positions for labor, and doing massage.

Advocacy: I will assist with gathering information about the progress of labor to make sure you have the information you need to make informed decisions about your birth.

Emotional Support: I will provide continuous emotional reassurance and comfort.

**After Birth**

I will remain with you for 1 – 2 hours after birth, until you are comfortable and the family is ready for quiet time together. I can also help with initial breastfeeding. I will provide one postpartum visit to discuss the birth, answer any questions you might have, and provide breastfeeding support, scheduled at your convenience in hospital or at your home within three days of the birth.

**Extenuating Circumstances**

As a doula, I can help you prepare for your birth, but I cannot guarantee that your birth will go as planned.

If you plan a vaginal delivery and a cesarean is performed after the onset of labor, I will continue to provide support during the cesarean surgery (as allowed by hospital and/or doctor policies) as well as immediately after to help with your comfort and breastfeeding. I will also follow-up with you after the birth, as I do with all my clients. In this scenario, my full fee applies, and no refund will be given. If you and your doctor decide that a planned cesarean is necessary (that is, a cesarean done before your due date and/or before the onset of labor), I will provide support during the cesarean (as allowed by hospital and/or doctor policies) and immediately after and I will remain with you for 2-3 hours after the birth until you are comfortable. I will provide one postpartum visit to discuss the birth, answer any questions you might have, and provide breastfeeding support, scheduled at your convenience at your home within three days of the birth.

**Failure to Provide Services**

I will make every effort to provide the services described here. If my failure to attend your birth is due to my error, there will be no charge for my services and I will refund the fee, minus the retainer. If my failure to attend your birth is due to an error on your part (failing to call me, for example) no refund will be given, and I will keep my full fee. If my failure to attend your birth is due to a rapid labor (baby is born less than one hour after you call me and ask me to come), I will provide an additional 3 hours of postpartum support at no cost once you are discharged from the hospital. This can include assistance with breastfeeding, laundry, cleaning, baby care, etc. My full fee applies. Any other circumstances out of my control that result in my absence at your birth will be addressed on a case-by-case basis, and may or may not result in a partial or full refund.

**Limitations of Services**

As a doula, I do not:

* Perform clinical tasks, such as taking blood pressure, fetal heart checks or vaginal exams. I am there to provide physical comfort, emotional support and facilitate communication between you and the staff.
* Make decisions for you. I will help you get the information you need to make an informed decision. I will also remind you if there is a departure from your birth plan.
* Speak to the staff on your behalf. I will discuss your concerns with you and suggest options, as well as encourage you to voice your opinions, questions and concerns to the staff.

**Fees for Services**

The fee for services is $\_975.00\_\_\_\_. A deposit of $\_425.00\_\_\_\_\_ is due when the contract is signed.

The balance of $\_550.00\_\_\_\_\_\_ is due two weeks before the due date, after which time our doula will be on call.

Fees must be paid as outlined above unless other arrangements are made in advance.

The deposit is nonrefundable.

At the time of the deposit and signing of contracts, I set aside your on-call time: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_.

Dates of unavailability disclosed at contract signing:

\_\_\_\_NONE \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

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Client Date Partner (if applicable) Date

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Doula Date