



Contract for Doula Services

My Goals

- I will support you during your pregnancy, labor and in the postpartum period, in whatever choices you make.
- I will provide information to enable you to make informed choices.
- I will stay current on birth related issues.
- I will maintain complete confidentiality of all details relating to your pregnancy and birth.
- I will strive to support you during labor and help you achieve a positive birth experience and the type of birth you would like.
- I will be working for you, not your care provider or hospital as I am a self-employed and independent doula.
- I will provide physical, emotional and educational support. I **do not** perform clinical tasks such as blood pressure checks or fetal heart rate monitoring.

My Obligations

- I will draw on my knowledge and experience to provide emotional support, physical comfort, and communicate with the medical staff to make sure you have the information you need to make informed decisions during labor.
- I will 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 (2) weeks before your estimated due date (EDD) up until labor begins. This means that I will carry my cell phone with me when I am away from home, and will not leave the area without advising you unless it is an emergency.
- Once you have requested me to act as your doula, we will arrange 4 prenatal visits. During the first visit we can discuss any questions you might have, sign our contract, and go over exactly what you want from me as your doula. The remaining 3 visits are to discuss such things as birth plan options, your personal information, when you will call me at the onset of labor, childbirth education including the physiology of labor, breathing & relaxation, prenatal and postnatal exercises and

breastfeeding. These visits will also give us a chance to become better acquainted.

- The presence of a doula lifts the support responsibility of the labor off the shoulders of your partner, allowing them to enjoy the whole birth process. I will help your partner 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 labor, while others prefer to take a break. This is your birth experience and it is important that you feel free to decide what you want at the time.
- I will provide birth plan information and consultation.
- I will answer questions and make suggestions over the phone or via 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.
- I may utilize non-medical support techniques for labor and birth such as a birthing ball.
- I will strive to maintain a calm and peaceful birth environment.
- I will maintain a birth log as circumstances allow. A copy of this will be given to you within a few weeks of the birth of your baby.
- 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. If I cannot help, I will be able to find the appropriate person who can. I will help to initiate the breastfeeding process, if you desire my help. Please note, I am not a breastfeeding 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.

Client's Initials: _____ Date: _____
 Labor Support Mom Doula Contract

- I will take pictures at your birth if desired.
- I will do a belly casting if desired and if time allows.
- Within the first 5 days after the birth of your baby I will visit you at home or in the hospital. I will answer any questions or give you a referral to the appropriate professional that can meet your needs.
- All records are personal and confidential. After your birth a copy of all pictures, birth log and a birth account will be given to you to keep. I will not share these records with any person outside **Labor Support Mom** without your written permission.
- 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.

Your Obligations

- You will try to complete a **birth plan** and discuss this with your caregiver.
- You will **tour your birth facility**, if this is your first birth there.
- 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 at least one hour** to reach you. (Depending on weather and other circumstances, more time may be required.)
- A **deposit of \$100 will be due at signing of the contract** for requesting me to act as your doula. The remaining balance of **\$300** will be due at your next prenatal appointment.
- I am willing to work with you to make having a doula possible. There are circumstances where the cost is reduced based on such things as family income, need, and the time left in your pregnancy. This is made in advance of the contract signing so it can be altered to reflect the new amounts. Every woman deserves a doula.

- 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
 - Cancellation between 4 weeks and 2 weeks before your due date – 25% refund
 - Cancellation less than 2 weeks before your due date – no refund
 - Cancellation of prenatal visits only – no refund
- If, after signing this contract, you plan to have an elective 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. If you choose this amended package, a 50% refund will be given to you. You must advise me of your decision to have a planned caesarean *at least 1 week before your estimated due date* for this amended package to apply.

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 will call an ambulance from the hospital you were planning to deliver at and arrange for you to be transferred to that hospital.
- If your baby arrives unexpectedly at home with me present, you and 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.**

In signing this contract, you agree that **Elizabeth R. Kinsley of Labor Support Mom** has discussed all the points herein and you understand and agree with them.

Client's name

Client's Signature

Date

Elizabeth R Kinsley

Doula's name

Doula's Signature

Date

www.laborsupportmom.com

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