



Service Agreement for Doula Support

My role as your Doula:

I'm independently employed and hired directly by you and (if applicable) your partner or birth support. Please note that I am working for you and with you. I am not working for your health care provider or hospital. To that end, it is incredibly important to understand **that I cannot - and do not - guarantee a specific outcome for your birth.** My goal is to help you have a satisfying birth, as defined by you. My role as a birth doula is to provide physical, emotional, and informational support to people during their labor as well as encouraging communication with the staff at the birthplace to ensure that you have the information needed to make informed decisions regarding your health your baby's birth/health. All information you give to me I keep strictly confidential. **It is not my place to - and I will never - judge or question your choices.**

Initial Consultation:

The first meeting is a time for us to get to know each other and decide if we want to work together. It is very important that you and your partner or birth support are comfortable with me and with my role in the birth. If you or your partner decide that we do

not fit well, I encourage you to say so, and I will be happy to refer you to a list of local doulas with whom you may have a better connection. If you do decide to retain me as your doula, you must sign this contract and return it via email (Dandydoulabirth@gmail.com). The retainer fee is due upon return of this contract signed by you (and your partner, if applicable). The retainer fee is 50% of the full fee (\$300-\$600) and is required in order to reserve your due date on my calendar. A payment receipt for the retainer fee is required to be provided along with the signed contract.

Prenatal Visit:

It is important to meet a few times before the labor to explore and discuss your priorities and to plan how we might best work together. During the prenatal meetings, we will review your preferences for labor and birth. I will ask about the expectations you have of your partner or birth support and myself during the birth, plus the roles of anyone else that will be attending the birth. The more we explore this in advance, the better I will be able to fulfill my role to support you. We will typically meet two (2) times, prior to your due date.

On Call:

I am available for phone and email consultations, effective the date that the signed contract is returned to me and receipt of payment of the retainer fee is confirmed. I encourage you to contact me with questions, concerns, and any updates. I will get back to you as soon as I can - this will usually be immediately

but definitely within 24 hours. I also require you to inform me of and about your meetings with the midwife or OB to discuss any appointments and if you have any concerns, so that I am up to date with all relevant details throughout the pregnancy. It is important that we keep in contact with one another and communicate by keeping the channel of communication open and constant. At 38-42 weeks I will consider myself on call for you and will be available for you by phone at all times. If for any reason, I do not answer when you call, please leave a message and I will return your call as soon as possible.

In Labor:

When you think your labor has begun, **you must contact me as soon as possible, even if you are not sure whether you are really in labor. If you think your labor has begun, you MUST contact me via phone call, not text or email.** The more notice I have, the better prepared I can be. Once you confirm that you are in labor, we will then plan to check in with one another every hour, or as often as you prefer, by phone. 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, barring any unforeseen circumstances (traffic, emergencies, etc.), I will be there within 1-2 hours (usually less, depending on distance). If your labor goes beyond 24 hours, I may need to call for back up doula care. Although I like to space my clients in order to ensure that I am available to attend every birth, the nature of birth means that there is the rare occasion in which I may be at another birth when a client goes into labor. I will arrange for you to meet a backup doula just in case this happens.

After Birth:

I generally remain with a client for 1-2 hours after birth, until you are comfortable, and your newly born family is ready for quiet time together. Each situation and birth are different, and my duties will vary depending on your needs.

Postpartum visit(s):

My services include one or two postpartum visits, the first within a few days after the birth. During the visits, I can provide baby care tips, referrals to community resources, and a chance to discuss your birth experience.

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 comfort and support.
- Make decisions for you.

- Speak to the staff on your behalf. I will discuss concerns with you and suggest options, as well as encourage you to voice your opinions.
- Deliver the baby. If the baby is born on my watch at home, in the car or it is coming quickly, I or your partner will immediately call the ambulance to further assist you. I will not act as a midwife or doctor but in the meantime, I will help keep you calm and guide you until they come. **I am not a trained medical professional.**

Failure to provide services:

I will make every effort to provide the services described above. If my failure to attend your birth is due to an error on your part during the period in which I am on call (38-42 weeks), including but not limited to failing to call me or deciding against having a doula present at your birth, full payment for my services is required pursuant to this contract.

If you decide against having a doula up to and including 37 weeks, you will not be required to pay the Remaining Amount. However, the retainer fee will not be refunded.

If for any reason you decide to have a caesarian section and that you do not want a doula to attend the birth, you will still be required to make full payment for my services pursuant to this contract. Please note that under these circumstances a doula can still support you through a caesarian section birth. The postpartum visits will remain available, in the event that you have a caesarian section.

If, during labor, you try calling me, are unable to get in touch with me within two hours from your first call, and your baby is born without me attending the birth, I will refund you the retainer fee and the remaining amount will not be payable. That is, no fee will be payable whatsoever.

If I am unable to attend your birth due to a rapid labor (baby is born less than two hours after you call me and ask me to come), I will provide an additional 4 hours of postpartum support at no cost once you are discharged from the hospital. This can include laundry, cleaning, baby care, cooking, 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 result in a refund of the retainer fee and/or waiver of the remaining amount.

Fees:

For the services described here, to be paid as follows:

_____ retainer fee ('the Retainer Fee'), due when you select me as your doula and return a signed copy of this contract. _____ due when at 35 weeks ('the Remaining Amount').
 I/We have read this agreement describing the doula's services and agree to enter into a client-doula relationship for the pregnancy and birth with an anticipated due date of: _____.