



My ultimate goal as your Birth Doula: To positively encourage and support you before and during your labor through advocacy, comfort measures, laboring positions and relaxation techniques for a safe and memorable birth experience.

Birth Doula Contract and Agreement

My role as your Doula: I am independently employed and contracted directly by you my client/s. As a doula, it is important for you to understand that I cannot - and do not - guarantee a specific outcome for your birth. If you have any specific requests or circumstances - Cultural, religious or otherwise - I ask that you make me aware of them at our first prenatal visit, so I can help you prepare and act in your best interests. I support women and their partners during labor and the birth of their baby. I draw on my knowledge and experience to provide physical, emotional, and informational support to women and their partners. I do NOT offer medical advice or perform clinical tasks. I offer comfort techniques such as, visualization guidance, light massage, counter pressure, position suggestions, including warm bath or shower, breathing, imagery, nourishment and hydration. I am happy to take pictures or video, documenting events and milestones during labor and birth as well.

Free Initial Consultation: The first meeting is a time for us to meet and decide if we are compatible. It is very important that you and your partner are comfortable with me and with my role in your birth. If you or your partner decides 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 connect with better. If we do decide to work together, the next step would be to sign the contract. At that time, a deposit is necessary to reserve your due date on my calendar. I will give you a form with some questions to fill out and then we schedule a prenatal visit.

Prenatal Visits: It is important to meet before labor to become acquainted, to explore and discuss your priorities and any fears or concerns, and to plan how we might best work together. **We meet 3 times before your due date.** During the prenatal meeting, we will review your preferences for labor and birth. I will ask about your knowledge of the birth process, your own personal ways of coping with pain, fatigue and difficult situations, what your expectations are of your partner and myself, plus the roles of anyone else who will be attending the birth. We can discuss any fears and concerns you have regarding labor and birth. My goal 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. All information you give to me I keep strictly confidential. It is not my place to - and I will not - judge or question your choices.



On Call: I am available by phone and email consultations immediately after signing the contract. I encourage you to contact me with questions, concerns and updates. I will get back to you as soon as I can, usually immediately, but definitely within 24 hours. Once you are two weeks from your due date, I will consider myself on call for you and I will have my phone with me at all times. If for some reason, I do not answer when you call, please leave a message and I will return your call immediately. During the on-call time, I ask that you please keep me updated as to any progress you, or your caregiver, feel you are making towards labor. The more information I have, the more prepared I will be when you actually are in labor.

In Labor: When you think labor has begun, I ask that you contact me as soon as possible, even if you are not sure you are really in labor. Again, the more notice I have, the better prepared I can be. Once you confirm you are in labor, we will then plan to check in with one another every few hours, or as often as you prefer, by phone or email. It is up to you to decide at what point in your labor you want me to come and be with you. (We will have discussed this during our visits as well) Once you make that choice, barring any unforeseen circumstances (traffic, emergencies, etc.), I will be there within an hour (usually less, depending on distance), and will remain with you until a few hours after the birth of your baby. If your labor goes beyond 24 hours, please be aware I may need to attend to other clients by way of phone calls if I am also on call for them. In some cases of a prolonged labor, I may need to call for back up Doula care. Although I like to space my clients, of course there are never any guarantees that babies come on due dates. Each birth is different and we will discuss your preferences and any concerns during the prenatal meeting.

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. I am happy to help you start breastfeeding if this is what you wish. Each situation is different and my duties will vary depending on your needs.

Postpartum: My services include one postpartum home visit, within the first week after your baby arrives. During the visit, I can provide breastfeeding support, baby care tips, and referrals to community resources. This is a great time for us to reflect on your birth experience. I will share my notes about your birth-day and provide a copy of them for you to keep. I can recommend a postpartum Doula or lactation consultant for you at this time.



LIMITATION OF SERVICES

As a doula, I do not:

1. Perform clinical tasks, such as taking blood pressure, fetal heart checks or vaginal exams. I am there to provide physical comfort and emotional support and facilitate communication between you and the staff.
2. 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.
3. 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.

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. 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, as well as one additional 3-hour postpartum visit.

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.



FEES: \$600.00

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

200.00 As a retainer fee, due when you select me as your doula and sign this contract.

200.00 Due by your 37th week.

200.00 Balance due before your due date. To be paid at our last prenatal visit.

I/We have read this contract describing the Doula's services and agree to enter into a client-Doula relationship for the pregnancy and birth with a **due date** of _____.

Client Name _____ Client Signature _____ Date _____

Client Name _____ Client Signature _____ Date _____

Doula Name _____ Doula Signature _____ Date _____

Waiver

I/We _____ & _____

release you (Rachel Layman) from liability. We understand and agree that we are responsible for taking responsibility for our own health and the health and well-being of our baby.

Date _____