



BIRTH DOULA/CLIENT CONTRACT

What is my role as a doula?

I empower women and their partners during their birthing time to have a satisfying, memorable birth, as you/they define it. I provide physical, emotional, and informational support to women and partners. As your doula, I am working for you, not for your caregiver or the hospital.

A few things I DO NOT DO:

- I do not perform clinical tasks, such as fetal heart checks, vaginal exams, etc. I am there to provide only physical and emotional support and advocacy.
- I do not make decisions for you. I will help you get the information you need to make your own informed decisions. I will also remind you if there is a departure from your Birth Plan, and will verify if this is, in fact, your informed decision.
- I will not speak to medical staff regarding matters where health care decisions are being made. I can discuss your concerns with you and suggest options. I can support you in discussions with staff as your advocate, making sure you have the opportunity to discuss concerns, but you or your partner will speak on your behalf to the medical staff.

My availability:

From the moment you are confirmed on my calendar, I consider myself "on-call" to provide support for you and your partner. I will notify you of any times when I am not available and will provide the name and contact information for the back-up doula.

What's included:

- Complimentary Meet and Greet
- 1-3 Prenatal visits* (we try for 1 with your Healthcare Provider/Midwife)
- 24/7 on call and phone/email support after 36 weeks
- Creation/assistance of Birth Plan
- Access to Birth related Resources & Referrals
- Back Up Doula
- Physical/Emotional/Informational Support During Labor
- One on One breastfeeding support
- 1 postpartum visit (newborn care, postpartum mom care/baby blues/family adjustment)

*During one of the prenatal meetings, we will review your Birth Plan and do a Birth Rehearsal. This will give us a chance to talk in detail about your preferences regarding your birth. I will invite you to share how you and your partner foresee working together, and the roles of others who may be attending the birth. We can discuss together what concerns you have regarding the birth.

During Birth:

- I prefer that you call me when you think your birthing time has begun, even if you do not yet need me. PLEASE REFER TO, "GUIDELINES FOR CONTACTING YOUR DOULA: WHEN SHOULD WE CALL?" I can answer questions and make suggestions over the phone. Together we will decide if I should come right then or wait for further changes. (I usually need approximately 1 hour to get to you from the time you ask me to come) We will also decide where to meet – at your home or at the hospital. Except for extraordinary circumstances, I or my back-up will remain with you throughout your birthing time.
- I can offer help and advice with relaxation, movement, aromatherapy, positioning, and massage/counter pressure. I can assist with gathering information about the progress of your birthing time to make sure you have the information you need to make informed decisions about your birth. I can also serve as an advocate for your needs with the medical staff. *My most critical role is providing continuous emotional reassurance and comfort.*
- In some cases, labor progresses more quickly than anticipated. If you call me to advise me 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, I will request that you or your partner catch your baby. After ensuring you are both safe, we will arrange for an ambulance to the hospital. I am not responsible for delivering your baby or any clinical skills related to the delivery of your baby.
- If you are planning a hospital birth, you agree to give me permission to call 911 in case of an imminent delivery at home. If you are planning a home birth, you agree to allow me to call your midwife directly and inform her of the situation.

After Birth:

I expect to remain with a client for 1-2 hours after birth, until you are comfortable, and the family is ready for quiet time together. I can help with initial breastfeeding, if desired. I am available for phone contact to answer questions about the birth of your baby. My services include one postpartum visit, usually within two weeks of the birth. During this visit, I can provide breastfeeding support, baby care tips, referrals to community resources, and a chance to discuss the birth experience. If you are in need of further support, additional visits are always an option.

Failure of a doula to provide service:

I will make every effort to provide the services described here. Sometimes this is impossible for a variety of reasons. If failure to attend the birth is due to my error, there will be no charge for my services, and I will refund your deposit. If it is due to circumstances beyond anyone's control (e.g. an extremely rapid labor and birth), or your failure to call me, I will keep the deposit, but there will be no further charge.

Fees:

My comprehensive doula service fee is \$500. Half is due at registration to secure your placement on my calendar. The balance of the fee or trade arrangement is due by 37 weeks. If you end up using my back up doula, I will pay her. I will continue to offer postpartum care.

Fees may be mailed to: cherish™ c/o Maren Bench 2199 Briarcliff Idaho Falls, ID 83404.
Please make checks out to, Maren Bench.

I REQUIRE that you make me aware of any communicable diseases that you or your partner may carry. *Initials _____ & _____

I/ We have read this contract describing doula services and agree that it reflects the discussion we have had with her. I do not hold my doula responsible for unexpected clinical outcomes.

Mother's Name _____

Signature _____ Date _____

Father's Name _____

Signature _____ Date _____

Doula's Signature _____ Date _____

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“cherish the memory!”