



## Doula Contract

### Services Provided:

- Available for general information and consultation throughout pregnancy.
- 1-2 prenatal visits to discuss labor and birth plans and preferences.
- 24/7 on call availability beginning at 37 weeks.
- Early labor support by text or phone.
- Arrival with you within 1-2 hours of request to come (longer distance driving may require additional time).
- Unlimited physical and emotional support and advocacy throughout labor and birth.
- Immediate postpartum and breastfeeding support.
- 1 postpartum visit to review and process labor and birth, usually 1-2 weeks after birth.

### Limitations:

A doula provides professional labor support, using non-medical techniques and comfort measures. Because the following are outside my scope of practice, I will not:

- Perform clinical tasks such as blood pressure checks, fetal heart checks, cervical exams and other medical procedures.
- Make decisions for you. I will help you get the information you need to make your own best decision, as well as remind you if there is a departure from your stated plan/preferences.
- Speak to medical staff on your behalf when decisions are being made. I will discuss concerns with you and suggest options, but you or your partner will discuss your decisions with the staff.

### Agreement:

- The client understands that her doula will fully support her, but also that hiring a doula does not necessarily guarantee a specific birth experience or outcome.
- The doula will make every effort to attend the birth. If she cannot, her backup doula will attend.
- The client will prepare for birth through some form of education, whether classes, reading, videos or a combination.
- The client will keep in contact with the doula toward the end of pregnancy with updates on relevant information and any changes to plans.
- Payment is a flat fee of \$800. A \$200 deposit is required to reserve your due date with the remaining \$600 due two weeks following the birth. The doula will provide a digital invoice via email within one week after the birth.

We understand the above information and agree to the terms and conditions.

Mother \_\_\_\_\_ Date \_\_\_\_\_

Partner \_\_\_\_\_ Date \_\_\_\_\_