

Susan Martin

AAHCC, CLEC, PPNE

Contract for Birth Doula Services

My Role as Your Doula:

As a doula, I am trained to provide non-clinical support for women during their pregnancy, labor and birth, and during the postpartum period. I work with women in labor to help you experience a supported and integrated birth experience. I draw upon my knowledge and experience to provide you with emotional, physical, and informational support. Your vision and goals for your birth and, ultimately, how you feel about your birth are important to me; to the best of my ability I will endeavor to help facilitate the birth experience you are seeking. I am independent and self-employed; therefore, as your doula, I work for you directly.

- I do not perform clinical tasks such as monitoring fetal heart rate, doing vaginal exams, and taking blood pressure. This is the domain of your chosen health care provider.
- I do not make decisions for you. My role is to help you become aware of and know your options and to help you know what questions to ask. I support and trust you in your role as a parent.

During Pregnancy:

We will have ___ prenatal meetings up to two hours each in length. I want to get to know you and your partner, so I can support you fully. Our prenatal visits give me the chance to become familiar with your plans for labor, birth, and postpartum. We will discuss your priorities for your birth, as well as any fears or hopes that you have. We will explore different comfort measures and find out what might appeal to you, as well as what doesn't. I can support your preparations for your birth and postpartum by offering you exercises, information and resources, labor rehearsals, and making you aware of different topics that you may want to address, discuss, or research more.

In between meetings and during the weeks leading up to your birth, I am available to you by phone calls, text and email. Staying in touch is important to me and I want you to know I am here for you.

When You Are in Labor:

I am on-call for your labor as of 38 weeks gestation. Please call me when you think you are in labor or if your bag of waters breaks/releases, even if you do not need support at that time. If I am unable to pick up the phone at the time of your call, please leave a message (or you may text me) and I will get back to you back shortly. We will decide together if I should come to you at that time, or wait for further progression. I may need up to one hour to meet with you after your request for my presence; when we speak on the phone I will be able to give you an estimate of when you can expect me. Except for extraordinary circumstances, I will remain with you throughout labor and birth.

During labor I offer a variety of comfort measures to help you cope with your labor such as: counter-pressure, guided relaxation and visualization, positions and movement, rebozo, birth ball, breath focus, verbal encouragement, and other logistical support. Depending on our conversations prenatally, I can either be your primary support person, or assist your partner in

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supporting you. I believe women have a strong innate knowing about what they need in labor and my goal is to support you in finding what works for you in each moment.

In some cases, labor progresses more quickly than anticipated:

- If before I am with you, you discover that your labor has progressed very quickly and birth is imminent, please call labor & delivery at the hospital so they can guide your partner over the phone. I will come to give you emotional support and guidance provided I am able to get there in time; however, I am not a medical care provider – as such I am not qualified to deliver your baby and have no intention to provide medical care or advice.
- If your baby arrives unexpectedly at home or in the car with me present, I will request that you or your partner catch the baby. I am not responsible for any clinical skills related to the delivery of your baby.

After Birth:

My goal is to protect your Golden Hour(s) after the birth of your baby. I expect to remain with you for an hour or so after the birth, until you are comfortable and ready for quiet time with loved ones. If necessary and at your request, I can assist you with breastfeeding. I will help you create an optimal environment for those first critical hours of bonding with your new baby/family.

Postpartum:

I intend to schedule a postpartum visit within the first week following your birth (usually between days 3 – 5) to see how you and your family are adjusting, assist with any breastfeeding issues, and to discuss baby care and early parenting. You have the option of a second visit sometime between 2 and 6 weeks postpartum; at this time I check-in on how things are going postpartum, how you are adjusting as parents, offer breastfeeding help, and to talk about the birth experience, if you like. I am flexible with the timing of the second visit based on your needs and desires. Birth processing is important - taking the time to process joyful or difficult moments from the birth with your doula can influence how you remember your birth for years to come.

Conditions of Fees and Services:

I will make every effort to provide the services described here. If I feel any signs of illness, I will call in a back-up doula. Any remaining balance needs to be paid in full if there is a back up doula so she can be compensated for her services

If your medical care provider or the policies at the hospital prevent me from providing services, my fee is still due in full. If hospital policy prevents me from being with you during a cesarean birth, I will remain in the hospital to provide you with postpartum support after the birth, and my fee is due in full. If a scheduled cesarean becomes necessary prior to labor and you no longer need labor/birth support, you may cancel the fees put toward labor/birth support (the portion found as the discounted balance fee in the section labeled *Fees*) unless you would like me to be at the hospital with you for support; if you need a scheduled cesarean and do not need me for

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support during the birth or immediate postpartum support at the hospital, I am still available for the postpartum follow up and support at your home per our contract.

It is your responsibility to call me when you are in labor and to leave a message (or text me) if I am unable to answer the phone. If you fail to call me during your labor and consequently I do not attend the birth, my fees are still due in full. If you call me in labor and I am unable to attend your birth and you were not attended by a back-up doula, there will be no charge for the birth services portion of our agreement and I will refund the un-used portion of your paid doula fees; time spent in pregnancy preparations is considered a used portion of the fees. In any of the aforementioned situations, I am available for postpartum visits, if desired.

Long Labor: In the case of a very long labor, if I have been physically present with you for 16 - 17 hours, we may discuss if it is appropriate to call in a back-up doula, or make plans for me to rest, if needed. If it is decided to use a back-up doula in the event of a long labor an extra charge of \$50/hr paid to the back-up doula will apply.

Fees:

The fees for birth doula services are outlined below. The *registration fee* and *retainer* are due with the signed contract. The balance is due 2 weeks **before** your estimated due date (38 weeks). The \$150 registration fee is **non-refundable**. Please discuss with me if you need to make specific arrangements for payment such as paying in installments, or completing payment at the postpartum visit. If you are paying via PayPal there is a 2% additional fee for any portion of the fee paid through this method of payment.

Registration: \$150.00

Retainer: \$450.00

Balance: \$1,100.00*

Discount: _____

Total

- If you would like to add on additional prenatal or postpartum visits, this can be arranged.
In person prenatal/postnatal visits: \$150
- If you would like your own rebozo for labor preparation and labor/birth, I can order one online for you at cost, or give you a link to a rebozo website so you can order your own. Please note: an authentic rebozo from Mexico may take over a month to arrive.

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Parental Responsibility: It is your right and responsibility to seek to educate yourself and to prepare for labor, birth, and postpartum in addition to the work we do. You are responsible for making decisions about your and your baby's health care and for communicating these decisions to your chosen health care provider and those involved with your birth team.

I/we have read this Letter of Agreement for Doula Services and agree that it reflects the discussion we have had with Susan Martin. I/we accept the terms of services, limitations, and fees.

Mother's signature _____ Date _____

(print name)

Partner's signature _____ Date _____

(print name)

Susan Martin, AAHCC, CLEC, PPNE Date _____