



CONTRACT OF SERVICES FOR DOULA SUPPORT

As a birth doula, I provide emotional, physical and informational support to a woman during her pregnancy, labor, birth and immediate postpartum period. I help empower expecting families to make informed decisions regarding their baby's birth and facilitate communication about those decisions with their care providers. I can provide reassurance and perspective to mothers and their partners, make suggestions for labor progress, and help with relaxation, massage, positioning and other techniques for comfort and coping. I am independent and self-employed, and am certified through DONA. I can be contacted by phone at (540) 419-7370 or by email at laura.retzloff@gmail.com.

BEFORE LABOR

I will meet with you and your partner twice before labor to become acquainted with you, explore and discuss your priorities and any fears or concerns, present evidence-based information on the risks and benefits of common interventions and procedures used during childbirth, discuss and help create your birth plan, and plan how we might best work together. We will remain in touch by phone and/or e-mail communication. I will go "on call" for your birth two weeks before your estimated due date (EDD), meaning I will be available 24/7 by phone.

DURING LABOR

I request that you call me at the first sign you may be in labor, even if you are not yet in need of my services. This will provide me with the opportunity to help you distinguish between prodromal labor and actual labor, as well as allow us to collaboratively decide when would be the best time for me to join you as you labor. Early notice also allows me to make the necessary arrangements and clear my calendar in order to provide my services to you. Once we decide that it is a good time in your labor for me to join you, I will meet you at the location where the birth will take place (home, hospital, birthing center) within one and a half hours of you asking me to come. If you are planning to give birth at a hospital, I will join you once you have been admitted and are in a labor and delivery room, unless we agree that you are in need of my services prior to being admitted. If I am unable to join you within the established window of time, a back-up doula will be provided until I am able to join you and take over at no additional cost.

EXTENUATING CIRCUMSTANCES

Having a doula does not guarantee that your labor and birth will go as planned or will be free of any emergency. Except for extraordinary circumstances (ie: severe illness, death in the family, counseling client in crisis, etc.), I will remain with you throughout your labor and birth up to 24 hours. Should such extraordinary circumstances arise, a back-up doula will be provided to you at no additional cost.

In the event of a scheduled induction, I will join you when you enter the active labor stage (5-6 cm dilation). It is important to note that this is often several hours or even the next day after induction. However, I will be available 24/7 for support by phone and email.

In the event of an unplanned cesarean section, I will remain with you during the surgery (if permitted) and will remain with you after the birth to facilitate your comfort and initial breastfeeding. My fee will still be due in full even if I am not permitted to be with you in the operating room. If you and your care provider decide that a scheduled cesarean section is necessary (that is, a c-section before your EDD or before the onset of labor), I will provide support during the surgery (as allowed by your care provider and/or medical facility), and immediately after, as well as one additional 3-hour postpartum visit to assist with breastfeeding, cleaning, laundry, baby care, etc. for my usual fee.

AFTER BIRTH

I usually remain with you and your baby for two hours after birth, or until you are comfortable and ready for quiet time as a family. I can also help with initiating breastfeeding. After the birth I am available to answer questions about the birth or your baby, and will meet with you once postpartum in your home approximately one to 2 weeks after birth. This provides us an opportunity to process your birth story, for me to encourage and support you, and address any additional concerns you may have, provide additional resources that may be of use to you, and receive feedback about my role as your doula.

WHAT DOULAS DO NOT DO

As a doula I do not:

- Perform clinical tasks such as taking blood pressure, listening to fetal heart tones, or doing vaginal exams.
- Make decisions for you. I will help you get the necessary information for you to make an informed decision. I will remind you if there is a departure from your birth plan.
- Speak to clinical staff on your behalf regarding matters of your care or medical decisions. I will discuss your concerns with you and suggest options, but you or your partner will speak on your behalf to clinical staff.

FAILURE TO PROVIDE SERVICES

I will do everything in my power to provide to you the doula services described in this contract. If my failure to provide services during your labor and birth is due to my own error, my fee will be refunded to you, less the deposit. If my failure to

provide services during your labor and birth is due to an error on your part (ie: failure to call me, etc.), I will keep my full fee.

If your medical care provider does not allow me to be present for the birth of your baby, my fee is still due in full. It is for this reason that it is imperative to discuss your desire to have a doula present for your labor and birth with your care provider before you are in labor.

If my failure to attend your birth is due to a rapid labor (baby is born less than an hour and a half after you call me), I will provide an additional 3 hours of postpartum support in your home in lieu of labor support and I will keep my full fee. These services may include help with breastfeeding, cleaning, laundry, baby care, etc. My fees are not adjusted for the length and time of labor or birth.

Any other circumstances beyond my control that result in my absence during your labor and birth will be addressed on a case-by-case basis, and may or may not result in a partial or full refund, less my retainer.

FEES

Please select your package below:

- BIRTH SUPPORT (\$1,050)
- BIRTH SUPPORT + BIRTH PHOTOGRAPHY (\$1,450)
- BIRTH SUPPORT + BIRTH PHOTOGRAPHY + FRESH 48 PHOTOS (\$1,850)
- BIRTH SUPPORT + MATERNITY PHOTOS (\$1,400)
- BIRTH SUPPORT + LIFESTYLE NEWBORN PHOTOS (\$1,650)
- BIRTH SUPPORT + *THE WHOLE SHEBANG* (\$2,200)

Deposit collected: _____ Date _____

Payment Method: _____ Receipt? Y / N

Outstanding Fees: _____

Due date for all outstanding fees: _____ Receipt? Y / N

I have read this contract describing the doula's services and agree to enter into a client doula relationship for the pregnancy and birth with the EDD of _____.

Client Name _____

Client Signature _____ Date _____

Partner Name _____

Partner Signature _____ Date _____

Doula Name _____

Doula Signature _____ Date _____