

BTB Doula Care Contract

My mission as a Birth Doula is to make every birth attended an empowering and positive experience. To achieve that goal I strive to perform the following :

- Accompany women in early labor to help create a safe and satisfying birth
- Use my training and experience to provide emotional support and physical comfort
- Communicate with medical staff as an advocate to help my clients obtain the information needed regarding decisions about labor
- Make suggestions for labor progress such as relaxation, massage, and positioning
- Provide reassurance and perspective to laboring women and their support team

As a trained professional, I do not do the following:

- Perform any clinical tasks
- Offer medical advice
- Make decisions for clients

My obligations to you:

1. At least one pre-natal consultation in your home to discuss your birth plan, including the use of pain medications and the role of your partner
2. Supply birth preparation handouts and resources
3. Provide unlimited phone and email support before and after the birth
4. 24 hour a day on call service weeks prior to your expected due date (EDD)
5. Prepare a back-up doula in the event of illness or another client's birth
6. Accompany you continuously from early labor through two hours after birth, which may include coming to your home
7. Advocate exclusively for you, not the doctor or hospital
8. Perform comfort measures including counter pressure, massage and use of my TENS unit
9. Take photographs as time allows
10. Support breastfeeding soon after birth
11. Visit you at least once in your home 1 to 2 weeks after birth

Your obligations as a client:

1. Participate in childbirth preparation classes and tour the birth facility to become familiar with the facility layout and policies
2. Complete and return the BTB Parent Information Sheet
3. Call me as soon as you think you are in labor, even if you are not sure, so that I can make arrangements to attend your birth
4. Allow me up to two hours to arrive at the agreed upon location

5. Take my schedule into consideration in the event of a non-emergency, scheduled labor induction, or cesarean birth. I should be notified after the beginning of Pitocin when contractions are becoming sufficiently strong, and you need Birth Doula support.

Your payment obligations:

1. If you decide not to use my services after signing this contract, you forfeit the \$_____ retaining fee.
2. You will pay \$_____ as a non-refundable deposit no later than 30 days before your EDD. This charge covers Jennifer's time and expenses for prenatal visits and phone/e-mail support.
3. You will pay the \$_____ balance due by my in-home postpartum visit.
4. If you decide not to use me as your Birth Doula within three weeks of the EDD (after _____ / _____ / _____) the entire fee is forfeited and any payments contracted are due if not already paid in full.
5. If you fail to call me to the birth, for any reason, I shall keep the retaining and non-refundable deposits without further charge. Payment of any balance due is required prior to my postpartum visit.
6. You will pay \$25 per hour for visits beyond those already specified.

Doula Care Limitations:

- Occasionally, despite every effort, I may be unable to attend a birth. If I am unavailable, there will be no additional charges. If my back-up doula accompanies your birth you will pay the remaining fee directly to her. I will still provide a postpartum visit in your home to share your birth story where we may be joined by the back-up.
- In case of a rapid birth or medical emergency, it may be impossible for me to provide all of the contracted services. I will strive to arrive soon after your birth for immediate postpartum support. The full payment will be due and all remaining services will be provided.
- If you are not satisfied with your birth experience for any reason (interventions, treatment by medical staff, etc.) you agree to not hold me responsible.

I/We have read this contract specifying Jennifer Simons' Birth Doula care and fees and agree that it outlines our expectations.

Mother

Date

Partner

Date

Jennifer Simons

Date