



## **About Your Doula**

As your birth doula, I will help you stay strong and relaxed during your labor. I will offer comfort measures, coping techniques, and continuous presence to help you create a satisfying birth experience. It is important for me to build a relationship with you and your partner prenatally so to ensure the best possible bond. I will work to provide comfort and perspective to you and your partner, help you talk through concerns as they arise. As your doula, I work for *you* directly and not for your caregiver or hospital. My purpose as your doula is to be completely present for your birth experience--physically, emotionally and energetically. I will be present with active listening to your verbal and non-verbal prompts and cues.

## **Before Labor**

After our initial meeting/phone conversation, I will meet with you and your birth partner for one prenatal visit. This gives us a chance to get to know each other before the birth. During the prenatal visit, we will complete paperwork and discuss your priorities and concerns. If there are any additional friends/family that will be a part of your birthing experience they are welcome to come to the prenatal visit. Letting your provider know that you will be assisted by me, your birth doula, is something I recommend.

## **When You Are In Labor**

Please call or text when you think your body may be close to active labor. I have two hours to get to you after you are in active labor, while you are awaiting my assistance. However, a phone call just before active labor may ensure that I get to you quicker. If I am unable to pick up the phone, please leave a message and I will return your call. In the case of an extensive early labor, or an induction, I will check in periodically and come when you are moving into active labor. Except for unexpected circumstances, I will remain with you throughout labor and birth. At present I do not have a backup doula. So, you may want to consider your own personal backup. If you go into labor before 37 weeks, I will make the best effort to join you as soon as possible.

Depending on our conversations prenatally, I can either be your primary labor support or assist your partner in supporting you. I believe that women can successfully cope with labor in a variety of ways, and my goal is to support you in finding the method that works for you in each moment.



### **After Birth**

I will remain with you for 1-2 hours after your birth to ensure that you are comfortable and ready for quiet time with loved ones. I can give suggestions to help with initial breastfeeding, as desired, as well as help you create the environment you want for those first few critical hours of bonding with your baby. I will schedule your postpartum visit in the week or two following your birth to see how you and your family are adjusting, talk about your birth story and provide any additional resources should you need anything. Taking the time to process joyful or difficult moments from the birth with your birth team and your doula can influence how you remember your baby's birthday for years to come.

### **As Your Doula I DO NOT**

Carry out clinical tasks. This includes taking blood pressure, fetal heart monitoring, taking your temperature, vaginal exams etc.

Make decisions for you. I will help you get the information necessary to make an informed decision. I will also remind you if there is a deviation from your birth plan. My role is to observe, listen and reiterate and support the medical staff.

Speak to the staff on your behalf. I will discuss your concerns with you and suggest options, but you or your partner will speak directly to the clinical staff. I encourage communication with your care provider.

### **Explanation Of Fees**

I will make every effort to provide the services described here. If I show any symptoms of contagious illness, and I am unable to attend your birth, you will receive a full refund .

If your medical care provider or the policies at your birthing location 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 still provide immediate postpartum support, and my fee is due in full. I recommend you discuss your plans for doula support with your provider before the birth as mentioned above.

If you have a cesarean birth that is planned before you go into labor, I will be available to support you before, during and after the birth.



It is your responsibility to call me when you are in labor and to leave a message if I am unable to answer the phone. My fee remains the same no matter the length of your labor and birth.

If you call me when you are in labor, and I am unable to attend your birth there will be no charge for birth services and I will refund all fees excluding the registration fee. In any of the aforementioned circumstances, I will always be available for postpartum visits, if needed.

This contract may be terminated by any party, at any time, for any reason.

### **Fees**

The fees for the birth doula service package are outlined below. The registration and deposit are due with the signed contract two weeks after the interview. The balance is due two weeks before your due date. There is a \$150 non-refundable registration fee due once you have contracted my services.

This non-refundable registration fee will secure your doula services. Once the fee is paid, I will be declining services with other clients. I *will not* decline services with other clients if your registration fee is not paid in full within 14 days of receiving your W-2 confirmation letter. **In order to determine your payment for birth doula services, we use a sliding scale payment method. We ask that you provide us with a current W-2 form from mother and partner to determine household income. These documents are due in order to process and secure your doula services.** Once the registration fee has been paid in full a pre-natal visit will be scheduled to fill out paperwork. After the prenatal visit, an additional visit will be scheduled to go over comfort measures and to discuss anything that concerns you.

\$35,000: \$200 (\$75 deposit)  
\$35,000 - \$50,000: \$450 (\$150 deposit)  
\$50,000 - \$65,000: \$700 (\$250 deposit )  
\$65,000 - \$85,000: \$1,000 (\$325 deposit)  
Over \$85,000: \$1,350 (\$400 deposit)

**Registration:** \$150 is due no later than two weeks before the pre-natal interview.

**Deposit:** Due six weeks before your due date.

**Balance:** Due two weeks before your due date.



**NOTE:** In the event that you go into labor before the balance is paid, payment is due no later than one week after the birth. In the event that you deliver your baby before you call me to let me know that you are in labor and you birth your baby before I arrive, payment of doula services is still required.

The financial liaison will contact you after you have decided to contract with me. Electronic payment can be made at [www.circleofmomsnc.com](http://www.circleofmomsnc.com). Please specify that you are making a payment for doula services.

## Contract Agreement

I have read and accept the terms of doula services, limitations and fees.

Print Name: \_\_\_\_\_

Signature: \_\_\_\_\_ Date \_\_\_\_\_

Birth Doula \_\_\_\_\_ Date \_\_\_\_\_

Back Up Doula \_\_\_\_\_ Date \_\_\_\_\_

### **Birth Doula Services Include**

1. A complimentary “meet-and-greet” interview.
2. One prenatal visit to learn coping techniques, relaxation skills, and practice communication strategies during birth.
3. Review your birth plan preferences.
4. Support via phone and text from initial pre-natal meeting to postpartum meeting.
5. On-call availability two weeks prior to your due date.
6. Support laboring at home before moving to your birth location (if applicable).
7. Continuous support for you and your birth partner during your labor.
8. Birth photography (optional).



9. One postpartum visit for practical postpartum support and birth reflection.
10. Breastfeeding support and resources.
11. Prenatal resources and specialized referrals to professional local practitioners.
12. If you have a cesarean birth that is planned before you go into labor, I will be available to support you before, during and after the birth.



## QUESTIONS TO ASK YOUR DOULA

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_
5. \_\_\_\_\_
6. \_\_\_\_\_
7. \_\_\_\_\_
8. \_\_\_\_\_
9. \_\_\_\_\_
10. \_\_\_\_\_