

Birth Transforms

Birth Doula and Massage Services Contract

Dear _____, in this letter I will describe the labor support (doula) services I provide; this will serve as a memorandum of the agreement between us.

SERVICES DESCRIPTION

Before labor:

1. I will meet with you and your family at least twice to go over your birth wishes, visit your home, discuss your birth preferences and go over questions or concerns regarding your upcoming birth. The initial meeting *does not obligate you to select me as your doula*. Choosing a doula is a very personal decision. You may not even be able to say why you want a particular doula at your birth. You just know you do.
2. I am on call 24/7 for you 2 weeks before and 2 weeks after your EDD _____.
3. As your birth becomes more imminent, I will be checking in with you every week after your midwifery or doctor appointments to see how you are progressing and feeling.
4. Discussion of how you and your partner believe I can be most helpful to both of you.
5. Assistance in preparing your Birth Preferences.
6. Phone and email contact as needed and desired.
7. Discussion of my availability around the time of your due date, and the names of one or more reliable back-up doula(s) with whom you can also become acquainted. The back-up doula(s) will be available when I am not.

During labor:

I prefer that you call me when you think you might be in labor. Phone contact in early labor allows me to offer emotional support and help, to make arrangements for my needs and for us to decide where and when to meet – home, hospital or birth center. I usually need approximately 1 ½ to 2 hours to get to you from the time you call. I will stay with you from the time you want or need a doula throughout the labor and birth. I will use my knowledge and experience to provide you with physical comfort including massage and emotional support. I will help your partner(s) by offering reassurances, assistance, suggestions and information, as we had previously discussed. If events unfold that deviate from your Birth Preferences, I will remind you in your care providers hearing and encourage you to ask questions so that you have the information you need to make decisions.

After birth:

1. I will stay until the placenta is delivered, you are comfortable, and your family seems ready for quiet time together. I will help with initial breastfeeding if necessary. All this usually takes approximately one to two hours.
2. I will contact you by phone to answer questions, check on your well-being, briefly review your labor and birth, and arrange to get together at a convenient time.
3. I am available to answer questions by phone.
4. I will meet with you at least once after the birth: a) to review the birth experience with you, compare notes, and clarify events that took place around you; b) to admire and answer questions about your baby; c) if your services package includes a postpartum massage at your home, then I will provide that in conjunction with our doula postpartum home visit; and d) to get feedback from you about my role as your doula.

As a doula, I do not:

- Perform clinical tasks such as blood pressure, fetal heart checks, or vaginal exams. *I am there to provide physical support, emotional comfort, and advocacy. I will also remind you if there is a departure from your Birth Preferences.*
- Make decisions for you.

I will help you get the information necessary to make your own informed decisions.

- Speak to your care providers on your behalf.

I will discuss concerns with you and suggest options, but you and your partner will speak on your behalf to any care providers.

Failure of a Doula to provide service:

I or my back-up doula will make every effort to attend your birth, but on rare occasions, this has been impossible (usually due to a rapid labor). If my failure to attend your birth is due to my error, there will be no charge for my services, and any retaining fee will be refunded. If it is due to circumstances beyond our control or your failure to call me, I will keep the retaining fee, but there will be no further charges.

Fees

After discussing the fee for my services, we have agreed upon The _____ Service at the \$_____, as the total amount due for my services, to be paid as follows:

_____, as a retainer fee, due when you select me as your doula;

_____, due within two to three weeks after the birth.

Included Services

- Initial Interview
- Lending Library
- 2 to 3 Prenatal Visit(s) includes Birth rehearsal
- On Call Service 38 – 42 weeks
- Email & Phone Support
- Continuous Labor Support
- Birth Photography with your camera
- Birth Story
- Breastfeeding Support
- Postpartum Visit
- Massage During Labor

The **Basic Doula/Labor Assistant Service** is \$600.

Includes basic doula task, **1 60 minute prenatal massage** at my location and **1 prenatal parent infant massage lesson, and massage during labor**

The **Deluxe Doula/Labor Assistant Service** is \$750.

Includes basic doula task, **3 60 minute prenatal massages** at my location, **1 prenatal parent infant massage lesson, massage during labor, and 1 75 minute postpartum hot stone massage** at your home.

The **Premium Doula/Labor Assistant Service** is \$900.

Includes basic doula task, **6 60 minute prenatal massages** at my location, **1 prenatal parent infant massage lesson, massage during labor, and 1 75 minute postpartum hot stone massage** at your home.

Misc notes: _____

I/We have read this letter describing the services provided by Birth Transforms (Kate Katahdin) and agree that it reflects the discussion we had with her.

Date _____

Mother Print Name

Partner Print Name

Mother Signature

Partner Signature

Kate Katahdin: _____ Date _____

Doula