

DOULA CONTRACT

I _____ agree to provide _____
Doula *Client*
with non-medical labor support for the labor and delivery of her child due _____.
Estimated Due Date

I agree to provide my client with non-medical labor support for her labor and delivery. As non-medical support, it is clearly understood that I will in no way direct the medical care of my client, or perform any clinical task, nor will she or her family ask me to do so. It is also understood that I work only for my client, not the caregiver, the hospital, or the birth center. I

Services provided:

- Prenatal visit. One to discuss the client's desires and possible childbirth preparation, and two to engage in pre-birth exercises and to discuss any unresolved questions or concerns before delivery.
- Phone and email support as needed during pregnancy and immediate postpartum.
- Emotional and physical support during labor and birth.
- Patient advocacy during labor and birth.
- Lactation education as needed before and after delivery.
- A postpartum visit sometime between two weeks and one month after delivery. This is a time to ask any questions the client may have regarding the baby and lactation, to review the birth and to give me feedback regarding my role.

The fee for the services described here is \$_____, to be paid as follows: \$_____ as a non-refundable retainer fee, due when you sign this contract. \$_____ due by or at the postpartum visit. Payment is to be in cash or check, I do not accept credit cards.

Please note, that scheduling a c-section does not nullify this contract. If you choose not to have me attend your scheduled c-section, or your physician does not allow me to attend, you will not be refunded the retainer fee, however, you will not be charged the remaining \$_____. If you have a c-section after receiving labor support, the remaining balance will be due.

I/We have read this contract describing the Doulas services and agree that it reflects the discussion we had with the Doula. I/We agree to payment for Doula services as described above.

Signed (Client): _____ Date: _____

Signed (Spouse or Guardian): _____ Date: _____

Signed (Doula) _____ Date: _____

Physical Support Includes:

These techniques are forms of pain management, not anesthesia; they do not prevent the normal discomfort associated with childbirth. They can be used during a medicated labor as well.

- Counter-pressure
- Massage and other forms of touch
- Positioning and movement assistance
- Use of heat and cold, combined with other comfort measures
- Breathing (slow, steady and varied)
- Mobility/motion
- Awareness of tension in different parts of body; help mom release tension and lessen pain
- Use of water (tub and shower, when available)
- Vocalizations (sounds, singing, moaning, repeating important words or phrases)
- Use of the birth ball.

Emotional Support Includes:

- Continuous presence with sole focus on supporting mom
- Verbal encouragement, praise and feedback
- Acknowledgement of her pain and the hard work of labor
- Reframe thoughts, fears and feelings during labor (turn doubtful/negative statements and words into positive and progressing statements)
- Visualizations
- Distraction through mental activities/rituals
- Focal points

Informational Support

- Prenatal sessions to discuss risks/benefits of interventions and procedures used during birth
- Help create birth plan
- Discuss breastfeeding, skin-to-skin contact and bonding after the birth
- Recommended reading lists

For Caesarian Births:**Physical Support Includes:**

- Massage and other forms of touch, especially to scalp, face, neck, shoulders and hands
- Heat and cold to face and neck, as needed and as allowed by surgical staff
- Breathing (slow, steady and varied)
- Facilitating skin-to-skin contact and bonding between mom and baby, possibly even during the repair
- Assistance with breastfeeding/positioning after surgery

Emotional Support

- Continuous presence with sole focus on supporting mom
- Verbal encouragement, praise and feedback
- Acknowledgement of her strength and the physical work her body has done during pregnancy
- Keep mom informed of what's happening to her baby and body during the surgery
- Visualizations
- Distraction through mental activities/rituals
- Focal points
- Nonjudgmental listening before, during and after the birth

Informational Support

- Educate mom and partner about risks/benefits of cesarean birth
- Discuss breastfeeding, skin-to-skin contact and bonding after the birth
- Suggestions for making surgical birth as gentle and comfortable as possible for mom and baby
- Recommended reading for VBAC/Cesarean information
- VBAC/Cesarean support groups