



Doula agreement describing services, limits and fees for:

Name: _____ Due date: _____

a) General definition of a doula

We understand that:

- A doula accompanies a woman and her partner in labour to help ensure a satisfying birth experience
- A doula works for us, not our care provider or hospital.
- A doula does not perform clinical tasks such as blood pressure or fetal heart rate monitoring.
- A doula provides physical, emotional and informational support for the birthing couple.

b) General information about our doula

We understand that Kristin:

- Draws on her knowledge and experience to provide emotional support, physical comfort and facilitates communication with the medical staff to make sure we have the information we need to make informed decisions during labour.
- Can provide reassurance and perspective to us, make suggestions to help labour progress and help with relaxation, massage, positioning and other techniques for comfort.
- Is independent from our caregivers or place of birth.

c) Services provided by our doula (please indicate if not required)

We understand that Kristin does provide:

- A 1-hour initial consultation (free of charge): For Kristin to meet us, and for us to see if she is the right person to assist us.
- 2-3 prenatal visits in our home: To prepare our birth plan, learn active birth principles and positions; discuss what role we wish Kristin to take during our labour/birth, review available comfort measures and discuss any other issues around our pregnancy and birth. Visits are up to 2 hours each.
- Unlimited phone calls: Leading up to and after our birth should we need advice or support.
- Assistance with: sourcing prenatal & childbirth education, exercise classes, community services and also provides books, videos/DVD's and other resources on pregnancy, birth, breastfeeding and early parenting.
- On-call service for our birth: 24 hrs a day from 38 weeks, until we feel labour has started.

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We understand that Kristin does provide:

- Labour support at home and/or hospital: If we are in early labour Kristin may answer any questions we have and/or make suggestions for our comfort by phone. We will decide together when it is best for her to come and support us and where we will meet; home or hospital.
- Continuous labour/birth support: At home and/or hospital. Kristin will use non-medical support and techniques; supporting the mother physically, emotionally and mentally throughout the labour and birth. Kristin will take breaks to eat or drink, go to the bathroom or arrange for a back-up Doula* if the labour is very long and due to exhaustion she is unable to support us sufficiently anymore.
- Support for father: whenever possible during the labour/birth.
- Facilitation of effective communication: between our midwife/doctor and ourselves.
- Assistance to record our labour/birth: either through a written birth log, photography or video as desired or requested and circumstances permitting. Kristin does not provide the recording equipment.
- Immediate postnatal support: Kristin will stay with us up to 2 hours after the birth to ensure breastfeeding is off to a good start and we are both settled with our baby.
- 2 postnatal visits to our home (or phone call if we prefer): These 1-2 hour visits will assist us with any aspects of postpartum care; breastfeeding, newborn care or the provision of information or community referrals.
- * A back-up Doula where possible: If for some reason Kristin is unable to attend to us, Kristin will arrange a backup Doula to support us.

d) Services not provided by our doula

We understand that Kristin does not:

- Take the place of medical staff: They also have a very important role in our labour/birth.
- Perform assessments: Such as blood pressure, fetal heart sounds, or internal examinations.
- Make decisions for us: Should any decisions need to be made with regard to ourselves, the birth or the baby, it will be our choice and final decision. We may discuss our options with Kristin to help us make an informed choice.
- Speak to the medical staff on our behalf: Kristin will discuss our concerns with us and suggest options, but cannot speak for us. We must communicate our needs/wishes to the medical staff.
- Take responsibility for the birth outcome
- Carry oxygen or resuscitation equipment: and in the very rare case of an emergency Kristin will give first aid and call an ambulance.
- Catch (deliver) babies: Kristin is not a midwife. In the case of a precipitous (very fast) birth Kristin cannot be responsible for the "delivery" of the baby.

e) Our obligations as the birthing couple

We understand that we:

- Will keep Kristin informed: This includes any findings /concerns after visits with our caregiver or if our caregiver offers suggestions around our pregnancy and/or birth.
- Will participate in childbirth preparation classes and tour our birth place: before 38 weeks
- Will contact Kristin when we think labour has started: even if we're not sure and no matter what time of day/night it is, to give Kristin time to prepare.
- Will take responsibility for ensuring that Kristin is allowed to attend us at all times: while at the hospital
- Will pay fees as described below:

The fee for the services described above is **\$750.00**.

This fee will be paid in advance in full, or in the following instalments:

- (1.) \$250.00 deposit/booking fee - when we decide to hire Kristin as our Doula
- (2.) \$250.00 to be paid by the last prenatal session
- (3.) \$250.00 to be paid by the last postnatal visit

- Will still pay the last portion of fees (3.) in the event of a *scheduled* (non-emergency) Caesarean Section, where Kristin is unable to attend.

f) Failure of our doula to provide service

We understand that:

- Kristin will make every effort to provide the services described here in this agreement.
- In the case of a rapid birth or medical emergency, it may be impossible for Kristin to provide all of these services.
- If Kristin misses our birth through *fault of her own* (or that of her backup Doula) the **(3.)** \$250.00 portion of the fees will not be required and will be returned to us if it has been paid in advance.
- If the backup Doula attends our birth, we are still required to pay any outstanding fees to Kristin who will then pay the backup Doula.
- In the case of an induction before labour begins naturally, we will speak on the phone with Kristin and discuss how the labour is progressing and how we can best handle the situation. We understand Kristin will typically arrive at the hospital after labour has established (i.e. consistent, regular contractions with dilation).

Any other requests or needs:

Signature: Mother **Date**

Signature: Father **Date**

Signature: Doula **Date**