

Service Agreement for Birth Doula Support

In Due Time Doula Care

Jenn Beiswenger, Doula

My role as your Doula:

I'm independently employed and hired directly by you and (if applicable) your partner. My goal is to help you have a satisfying birth as you define it; I cannot – and do not – guarantee a specific outcome for your birth. My role as a birth doula is to provide physical, emotional and informational support to women before and during their labour as well as encouraging communication with the staff at the birthplace to ensure that you have the information needed to make informed decisions regarding your baby's birth. All information you give to me I keep strictly confidential.

Initial Consultation:

The first meeting is a time for us to get to know each other and for each of us to decide if we want to work together. It's very important that you and your partner are comfortable with me and with my role in the birth. If you decide that we do not fit well, please say so, there are lots of other doulas with whom you may have a better connection. If you do decide to retain me as your doula, you need to sign this agreement and return it to me. The retainer fee, which is 50% of the full fee, is due upon return of this agreement signed by you and your partner, if applicable. This retainer fee is required in order to reserve your due date on my calendar. A payment receipt (e.g. screenshot of electronic payment) for the retainer fee is required to be provided along with the signed contract. The remaining balance will be due by 37 weeks.

Prenatal Visits & Support:

We will meet 3-4 times before the birth to explore and discuss your priorities and preferences. During these meetings we will address any fears or concerns, clearly define the doula role, look at evidence-based information on the risks and benefits of common interventions and procedures used during childbirth, prepare and review birth plans, and plan how we might work best together. I will ask about the expectations you have of your partner and of me during the birth, plus the roles of anyone else that will be attending the birth. The more we explore these in advance, the better I will be able to support you.

Communication:

I am available to consult with you once the signed agreement is returned to me and receipt of payment of the retainer fee is confirmed. I encourage you to contact me with questions, concerns and any updates relating to the birth. Please let me know about your meetings with your midwife or doctor, so that I am up to date with all relevant details throughout the pregnancy. You're welcome to email or message me at any time. You can ring me between the hours of 9am-5pm, Mon-Sat. If you would like to have a long conversation, please send me a message so that we can arrange a mutually convenient time. I will get back to you as soon as I can – usually within an hour or two, but definitely within 24 hours. It is important that we keep in contact with one another and communicate as best we can by keeping the channel of communication open and constant. My contact details: phone & WhatsApp: 0411 719 754, email: doulajennb@induetime.au, Facebook & Instagram: DoulaJennB.

On-Call Period & Labour:

I will be on call for you, for your labour, for the 2 weeks either side of your due date (3 weeks prior, in the case of multiples). During the on-call period, you can contact me at any time during the day or night, on any day! I will have my phone with me at all times. While you're welcome to *message* me

overnight, I will only answer *telephone calls* during those hours. I may have other commitments during this on-call period but I will have alternate plans in place, should your labour begin and you require my presence. Please keep me updated with how you are feeling and any signs that the birth may be imminent. When you think that labour has begun, **ring** (don't message) me as soon as possible, even if you are not sure whether you are really in labour. (If I do not answer when you call, please leave a message and I will return your call as soon as is practicable.) The more notice I have, the better prepared I can be. Once you confirm that you are in labour, we will check in with each other every hour or so. We will decide together if we should meet right away or wait for further change. If you feel that you are coping well and/or no longer need/want me there, that is completely fine; please send me a message to let me know. I will still be ready to come if you change your mind, but this will help me to plan my day. There is no refund if you decide not to have me at your birth. If you do not want me to come straight away, please update me every 2 hours or so. Once you decide that you want me there, barring any unforeseen circumstances (traffic, emergencies, etc), I will be there within 1-2 hours. I will stay with you for the duration of your labour. If labour begins before 38 weeks (37 for multiples) or extends beyond 42 weeks, I will do everything I can to be there.

After Birth:

I will remain with you for 1-2 hours after birth, until you are comfortable and your newly born family is ready for quiet time together. Each situation and birth is different and my duties will vary depending on your needs.

Postpartum visits:

My services include 2 visits after baby is born. During these visits, I will gladly provide emotional and physical/practical support, breastfeeding guidance and baby care tips, referrals to community resources, and a chance to discuss your birth experience.

Mutual respect:

The doula-client relationship is based on mutual respect. This includes honest, open and caring communication. I will do everything I can to honour our relationship, and trust that you will, too. I reserve the right to withdraw my services if I feel that I am being misled or mistreated.

As a doula I DO NOT:

- Perform clinical tasks, such as taking blood pressure, fetal heart check or vaginal exams.
- Make decisions for you.
- Speak to the staff on your behalf; I will discuss concerns with you and suggest options, as well as encourage you to voice your opinions.
- Deliver the baby. In some circumstances, labour progresses more quickly than anticipated: if your baby arrives unexpectedly on my watch at home or in the car, you or your partner will be responsible for the birth of your baby. I will help however I can! -and it is very important that you communicate directly with your care provider and take your direction from them. **I am not responsible for the birth of your baby or performing any clinical skills related to the birth of your baby.** I will not act as a midwife or doctor; I am not a trained medical professional.

Failure to provide services:

I will make every effort to provide the services described above.

If my failure to attend your birth is due to an error on your part during the period in which I am on call (37/38-42 weeks), including but not limited to failing to call me or deciding against having me present at the birth, full payment for my services is required pursuant to this contract.

If you decide against having me as your doula up to 37 weeks, you will not be required to pay the

