



Birth Doula Services Contract

What is my role as a doula? As a birth doula, I accompany women in labor to help ensure a satisfying birth experience. I draw on my professional training, knowledge and experience to provide emotional support, physical comfort and, as needed, communication with the staff to make sure that you have the information you need to make informed decisions as they arise in labor. I can provide reassurance and perspective to you and your husband, make suggestions for labor progress and help with relaxation, massage, positioning and other techniques for comfort. I am independent and self-employed. As your doula, I am working for you, not your caregiver or hospital. I am not a trained doctor, nurse or midwife and am not authorized to practice medicine in the state of California. I provide informational, emotional and (non-medical) physical support only.

Prenatal Services. I will meet with you and your husband 1-2 times before labor to become acquainted, to explore and discuss your priorities, fears or questions, to discuss your birth plan and to talk about how we might best work together. We will also discuss your expectations regarding your husband's involvement, and will spend time talking about ways he can be involved. From 37 weeks and on, I suggest that we touch base every week, preferably with an update after your prenatal visits with your care provider.

My availability. I offer unlimited telephone/text/email support throughout your pregnancy to discuss any questions or concerns. I am on call for you 24/7 from 38 weeks until the baby arrives. A qualified, backup doula will be provided in the rare event that I am unavailable.

When labor begins. I prefer that you call me when you think you are in labor, even if you do not need me yet. I can answer questions and make suggestions over the phone. We will decide if I should come right then or wait for further change. I usually need about 1 hour to get to you from the time you ask me to come. We will also decide where to meet – at your home, the hospital or birth center. I will remain with you throughout the entire labor and birth.

During labor and birth. I offer help and advice with pain coping techniques and comfort measures throughout your labor. I can help guide you through breathing, encourage relaxation through massage, suggesting movement and effective positions for labor, all while helping protect your birth plan. It is my priority to provide continuous support, emotional reassurance and comfort to you and your husband.

After birth. I will remain with you for 1-2 hours after birth, until you are comfortable and your family is ready for quiet time together. I can assist with immediate skin-to-skin contact and help with initial breastfeeding. I offer one postpartum visit at your home within two weeks after your birth. Here we will discuss your birth experience and I am able to answer questions you may have or provide you with helpful resources. I also provide a meal for you and your family at the postpartum visit.

What doulas do NOT do. As your doula I do not:

1. Perform clinical tasks, such as blood pressure, fetal heart checks, vaginal exams, and others. I am there to provide physical comfort and emotional support.
2. 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 departure from your birth plan.
3. Speak to the staff of your behalf. I will discuss your concerns with you and suggest options, but you or your partner will speak directly to the clinical staff.

Special circumstances. I will make every effort to provide the services described here. In some circumstances I might not make it to you in time (for example, with a rapid labor). If my failure to attend is due to MY error, there will be no charge for my services and I will refund the retainer fee. If it is due to circumstances beyond anyone's control, or your failure to call me, I will keep the retainer fee, but will refund you the second 50% of the payment.

Payment. My Birth Doula Services fee is \$750. It is to be paid as follows:

\$375 as a retainer fee, due at the time you hire me.

\$375 due at 38 weeks.

My Birth Doula + Birth Photography fee is \$850. It is to be paid as follows:

\$425 as a retainer fee, due at the time you hire me.

\$425 due at 38 weeks.

I accept cash, check, PayPal, Venmo, or Chase QuickPay.

I/we have read this contract describing the doula's services and agree to the hiring.

Date

Client

Client's Signature

Client's Husband

Husband's Signature

Ellie Kolb

Doula

Ellie Kolb

Doula's Signature