



Birth Doula Services Agreement **Classic Doula Support Package**

This is an agreement between @Client Name ("Client", "You", "the Mother") and My Gentle Birth, LLC doing business as Silver Spring Doula ("SSD, "I" "We").

What is our role?

Your birth doula will accompany you during your birth to help ensure a satisfying birth experience. Your birth doula will help provide you and your partner with emotional, physical, and informational support, help communicate your needs and wants to your birth attendants and assist in providing you with education to aid in informed decisions about your birth. Your birth doula can provide massage, relaxation and visualization techniques, and suggestions for positioning including the birth ball, hot and cold packs to help with backache and back labor pain, music, and other client-specific needs. We are independent and self-employed. As your doula, we work for you, not your caregiver or the hospital.

Prenatal Meetings

We will have 1-2 private meetings before you go into labor. At these meetings, we will clarify your priorities, concerns and any fears you may have for the upcoming birth. This meeting will help your doula understand what you desire for your birth experience, and what, if any, homework needs to be done in order to more effectively aid you and your partner. You have the option to attend 2 community prenatal meetings. We offer 2 group prenatal meetings for all our clients. One covers typical hospital interventions, the other covers creating an effective birth plan. They are held monthly on Zoom. You are welcome to attend as many of these meetings as you like to talk with your doulas, meet other expecting families in the area, ask questions, or get support. The scheduling of all prenatal meetings is your responsibility.

When You Are in Labor

We prefer that you call the on call number even if you only think you are going into labor or "feel different." Your doula can answer questions and make suggestions over the phone. If you desire, your doula will meet you at your home at any time you feel you need more support, or your doula will join you at your birth setting. The on-call doula will do her best to get to you as soon as possible, but it may take up to 2 hours for your doula to reach you at your chosen location. Please see "Specula Circumstances" for more information on in-person support.

Backup Provisions

If, due to extraordinary circumstances, neither of the SSD doulas is able to be with you, a backup doula will be provided to attend your birth. There is no change in your fee in this instance.

Limitations of Doula Practice

As doulas, we do not perform clinical tasks such as blood pressure, fetal heart checks, vaginal exams, and other such duties. Our role is strictly non-medical. We do not make decisions for you. Your doula will help you get the information you need to make your own informed decisions. Your doula will also remind you if a decision involves a departure from your birth preferences. We will not speak to the staff instead of you or your partner regarding matters where decisions are being made. Your doula will discuss your concerns with you and suggest options, but you or your partner will speak on your behalf to the clinical staff. Our capacity will be to offer suggestions and present options, not to make clinical assessments or decisions concerning your labor and birth. Therefore, Silver Spring Doula assumes no responsibility, personally or professionally, for the outcome of your birth. Silver Spring Doula cannot guarantee a successful VBAC or any other specific birth outcome.

Client Responsibilities

Clients will:

- * Make every effort to attend a non-hospital based childbirth education class, even if you are planning a medicated birth (this can be waived at the doula's sole discretion).
- * Communicate honestly about medical or emotional situations that may affect your birth.
- * Contact your primary contact doula following each visit to your prenatal care provider after 37 weeks.
- * Contact your primary contact doula regarding any hospital admission or non-routine medical testing.
- * Inform the staff that an SSD doula will be attending your birth upon admission to the hospital.
- * Give at least one week's notice in scheduling prenatal and postpartum visits and any additional services.

After the Birth

Your doula will remain with you for up to two hours after the birth to make sure you are settled and comfortable. She can also help you initiate breastfeeding. If you would like your doula to stay longer, she can do so at the rate of \$20 per hour. Your doula will be

available to you by phone and email, 24 hours a day, 7 days a week, for six weeks after your birth. During the first three weeks, we will schedule 1 postpartum appointment to review the birth, answer any questions, and obtain your feedback regarding SSD's job as your doula and most importantly, admire your new baby. During this postpartum visit, Your doula is available to assist with breastfeeding latch and positioning, assess basic breastfeeding difficulties and refer you to additional help as needed. After six weeks, your doula will still be available to you to help with any questions during regular business hours.

Fee for Doula Services

Our fee for service is **\$1,500.00**. This fee includes the following:

- * 1-2 prenatal visits, up to 90 minutes each
- * 2 community prenatal meetings
- * Assistance in writing your birth preferences, if desired
- * 24-hours telephone and email support as needed during pregnancy and for six weeks following your birth
- * Labor support at home prior to departure to birth center or hospital as described above
- * Continuous virtual or in-person support at your chosen birth location, subject to hospital policies and the Special Circumstances clause of this contract
- * Free use of an SSD TENS unit
- * 1 in person or virtual postpartum visit, up to 45 minutes
- * Breastfeeding assistance, if desired
- * 24 hour on call assistance beginning when this contract is signed and continuing until your birth
- * Providing resources and/or referrals

\$500.00 is to be paid when you sign this contract. This initial fee is non-refundable. At the time the contract takes effect, SSD will reserve your spot on our on-call calendar, and not take any other clients for that slot. For this reason, in the event that you cancel the contract for any reason, all monies paid shall be retained by SSD in order to offset our loss of business.

The remainder of **\$1,000.00** is to be paid by 37 weeks. Should your baby be born before 37 weeks, the balance is due at your postpartum visit.

Cancellation and Refunds

In the event that SSD misses your birth due to our error, all but the initial fee will be returned to you. If SSD misses your birth due to error or actions such as: your failure to contact us when in labor, extremely rapid labor and birth, an emergency c-section, your refusal of provided backup services, or refusal of hospital personnel to allow our participation, there is no refund or discount of the fee agreed upon. Should you change your mind about working with SSD, or there are changes in your birth plans which exclude SSD for any reason whatsoever, you must inform us in writing at or before 36 weeks. SSD shall retain the initial payment made, with no further charges due. There will be no refund or discount of the fee agreed upon for notice of cancellation given after 36 weeks for any reason other than as described in the section immediately following.

Unexpected Scheduled Cesarean Section

SSD understands that the possibility for a cesarean birth exists for all pregnancies. Some cesarean births are determined before the onset of labor while others occur during the labor process. Should your birth plan change after 36 weeks to require a scheduled cesarean section for any reason, your doula will not be allowed by hospital personnel to support you in person. In this instance, SSD will retain the initial fee, and all other monies paid will be refunded to you. Your doula will provide all the following postpartum follow up services:

- * 24-hours telephone, text, and email support as needed for six weeks following your birth
- * 1 Postpartum visit (up to 45 minutes)
- * Breastfeeding assistance, if desired
- * Providing resources and/or referrals

Special Circumstances

In light of the Covid-19 pandemic, SSD must disclose that both doulas are in contact with multiple clients outside our immediate families. We support laboring clients in their homes, and in the hospital or birth center when we are able to. While we are with our clients, we will be fastidious about hand washing, mask wearing, and practice social distancing when it is possible while also providing any needed hands-on support. We will also take these precautions during everyday life. However, because we are unable to fully isolate, there is always the possibility that we have been unknowingly exposed to the coronavirus, and may unwittingly expose you or your family. We agree to immediately inform all clients if we have been exposed, are symptomatic, or test positive for Covid-19. You agree to immediately inform SSD if you or anyone in your family have been exposed to, are symptomatic, or test positive for Covid-19. By initialing this clause, you agree to release and hold blameless Silver Spring Doula, My Gentle

Birth, LLC, Rose Quintilian, and Jenny Corbett if you, your partner, or your child(ren) are diagnosed with Covid-19 at any point after we attend your birth.

While Covid-19 restrictions at many hospitals have been lifted, there is always the possibility that new restrictions on visitors and doulas will be put in place after the signing of this contract and before your birth. Depending upon your chosen place of birth, and depending upon any restrictions that may be put in place after the execution of this contract, SSD can only confidently commit to providing in-person support at your home prior to leaving for the hospital. Should doula access be restricted at your birthing facility at the time of your birth, we are available for continuous virtual support using a mutually agreed upon platform. **If your hospital maintains or changes its protocols to allow additional support people, we will attend in person.** If your hospital is allowing additional support people at the time of your birth, or you elect to have your SSD doula attend as your only support person, we will attend your birth in person. SSD will always choose to support you in person at your chosen place of birth if we are allowed in the facility.

@Client's Initials 🖋️

Agreement

I/We recognize that JENNY CORBETT and ROSE QUINTILIAN are a doulas trained to assist with the physical and emotional demands of labor and childbirth. They are not a medical professionals and therefore will neither advise us on medical decisions nor perform medical assessments or procedures. We also recognize that childbirth is a natural and unpredictable process and may not go as we hope or plan; in this arena we understand that a doula will act with reasonable care for the mother and baby's well being, but will not be able to alter the course of labor or its outcomes. I/We have read this contract describing Silver Spring Doula's services and agree that it reflects the discussion we have had with them. In signing this contract, we agree to retain Jenny and Rose as our doulas for our birth with an estimated due date listed below.

EDD:

Doula name : Jenny Corbett (on behalf of Rose Quintilian for My Gentle Birth, LLC, dba Silver Spring Doula)

Doula signature: @Provider's Signature 🖋️

Doula Date: @Provider's Sign Date 🖋️

Client name : @Client Name 🗃️

Client signature: @Client's Signature 🖋️

Client Date : @Client's Sign Date 🖊️

Silver Spring Doula

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