



Birth Doula Services Agreement

Classic Doula Support Package

This is an agreement between @Client Name ("Client", "You", "the Mother", "the Birthing Person") 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 you to have 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 aide 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. 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. 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 "Special 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. Should you choose to decline the use of a backup doula that has been secured for you in such extraordinary circumstances, there will be no refund of any part of the agreed upon fees, and SSD will still provide the postpartum followup services outlined in this contract.

How Our Practice Works

Rose Quintilian and Jenny Corbett, collectively Silver Spring Doula (SSD), work as a team. SSD is not able to offer the client the option of choosing a specific doula to attend their birth, and neither Rose nor Jenny are available for individual hire. Scheduling your in-person prenatal meeting with one doula does not guarantee that you will have that particular doula at your birth. Alerting SSD to your preference of one doula over the other does not change our manner of determining which doula attends your birth. Communicating with one doula during your early labor before you need in-person support does not guarantee that the doula you have been communicating with will attend your birth. SSD doulas work on a call schedule, and **whomever is on call when you need in-person support is the doula who will attend your birth.** There are no exceptions to this policy.

@Client's Initials ✍️

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.

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Client Responsibilities

Clients will:

* Make every effort to attend a non-hospital based childbirth education class, even if you are planning a medicated birth.

- * Communicate honestly about medical or emotional situations that may affect your birth.
- * Confirm your birth place's visitor policies and restrictions , and communicating them to SSD prior to the onset of labor.
- * Contact your primary contact doula following each visit to your prenatal care provider after 37 weeks.
- * Contact SSD 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 least one week's notice in scheduling prenatal and postpartum visits and any additional services.

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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 **\$XXXX.XX**. This fee includes the following:

- * 1-2 prenatal visits, up to 90 minutes each, one of which can be in person at the client's request
- * 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 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

\$XXX.XX 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 **\$XXX.XX** is to be paid by 37 weeks. Should your baby be born before 37 weeks, the balance is due at your postpartum visit.

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Cancellation and Refunds

In the event that SSD misses your birth due to our error (we did not return your phone call alerting us to your labor, our transportation failed, or we could not provide a backup), 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, an induction that ends in a c-section before you call us to join you, 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 your final invoice is generated and sent to you for payment (at or around 36 weeks) for any reason other than as described in the section entitled **Unexpected Scheduled Cesarean Section**.

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Cancellation for Cause

Failure to communicate honestly about your baby's due date, medical issues surrounding your pregnancy and birth, or a family situation that may affect your birth and/or the safety of your doula while she is in your home or at your place of birth may result in termination of this contract with no refund issued for any monies paid. SSD reserves the right to cancel this contract with no notice should it be determined that you have provided false or misleading information regarding your pregnancy and/or birth, or if a situation arises that puts your doula in an unsafe or potentially unsafe position, legally, emotionally, or physically.

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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

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Special Circumstances

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 are fastidious about hand washing and mask wearing (as required by the hospital or requested by clients) while providing any needed hands-on support. We will also take these precautions during everyday life. However, there is always the possibility that we have been unknowingly exposed to a potentially serious contagious illness such as Covid-19, and may unwittingly expose you or your family. We agree to inform all clients if we have been exposed to, have symptoms of, or test positive for a potentially serious contagious

illness. You agree to immediately inform SSD if you or anyone in your family have been exposed to, have symptoms of, or test positive for a potentially serious contagious illness such as Covid-19 during your probable birth window (38-42 weeks). We reserve the right to switch to virtual support under these circumstances. If you or any support person who will be joining you at your birthing location have had a positive test or symptom onset within 5 days of the onset of your labor, we cannot attend your birth and will provide virtual support. If the positive test was longer than 5 days before the onset of labor AND you (or your support person) have been fever free without the use of fever-reducing medications for 24 hours, AND other symptoms are improving, we can attend your birth if all parties agree to wear an appropriate medical grade mask. If hospital policies prohibit our attendance due to a recent covid infection, we will provide virtual support. 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 a potentially serious contagious illness at any point after we attend your birth.

Due to ongoing Covid-19 restrictions at many hospitals, there are generally a limited number of visitors that may accompany you as a part of your birth support team. SSD can attend your birth as one of your allowed visitors. However, there are rare instances where your doula may need to leave your birth before it is finished due to an unanticipated personal, family, or emergency situation. While these situations do not occur frequently, you may wish to reserve two of your allotted visitor spots for SSD doulas so that in the event that one doula must leave, the other doula can replace her. This could mean a parent, friend, or sibling may need to be excluded from your birth support team to allow for both SSD doulas to provide continuous support. SSD agrees to inform the you at the onset of your labor if we know of a situation that might necessitate switching doulas mid-birth, but we can't always anticipate this.

@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: @Congratulations! > Due Date 📅



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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