

DoulaElizabeth *Birth Support*



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415.290.0271

Role of a Birth Doula: As your Doula I assist you during active labor to help ensure a satisfying birth experience. I draw on my education and experience to provide reassurance, emotional support and physical comfort to you and your partner. I make suggestions to facilitate labor progression and about comfort techniques to help you relax and progress. I help facilitate clear and respectful communication with your care providers. Prenatally, I will help you get the information necessary to be well-informed during labor and birth and therefore have the confidence and the tools to make the best decisions for you and your baby. I will also remind you if there is a departure from your Birth Plan. I am independent and self-employed. I work for you, not your care provider or hospital. You will have 24 hour on-call access to me during the weeks before your estimated due date, until your baby is born. I am available to you by phone and email for questions throughout your pregnancy and up to 6 weeks after you have given birth.

Upon retention of my services, I prefer that we have at least two, two- hour prenatal visits. If you plan to attend Childbirth Education, it is best if our meetings occur after you've attended those classes.

I will respect all personal, emotional and physical boundaries expressed by my clients to me.

What a Birth Doula does not do: A Doula does not perform medical tasks, such as blood pressure monitoring, fetal heart checks, vaginal exams, etc. A Doula does not provide information, dosages or advice concerning prescription or alternative medication. A

Doula does not make decisions for you. I will offer unbiased, evidence-based information, as well as personal experiences, and provide resources so that you are fully informed in making decisions concerning your healthcare.

When to contact me: I would like to be called when you think you might be in labor, even if you do not yet need me. I will stay in touch with you by phone until you are in active labor and are ready for my help. Please allow at least one hour from the time you ask me to join you for me to arrive at your home, birth center, or hospital. Early labor may just last a few hours, or it could last a few days, so I usually join you once active labor begins.

Inductions: If you are induced, I join you at the hospital when active labor begins. It is often protocol for the mom to be in the hospital overnight while starting prostaglandins to soften the cervix, or Pitocin, an artificial hormone that causes contractions. If you choose to schedule an elective induction there is flexibility, so please contact me so that we can choose a date that works well for all of us.

Postpartum support: I usually remain with you for two to three hours after the birth, or until you are comfortably settled in recovery, and your family is ready for quiet time together. Within two weeks (or any agreed-upon period) I would like to get together to see how you are doing, discuss support and resources for you, assist with breastfeeding and newborn care questions, to review the birth, and to admire your new baby.

Fees: My fee for the services described is \$2,000.00 to be paid upon hiring.

In the event of a planned cesarean: If your situation requires planning a cesarean birth, my fee will remain the same. My duties still include supporting you, helping you find resources, assisting in steering for this new course, keeping you comfortable before, during (if allowed) and after birth, helping you to breastfeed in the hospital, advocating for your and your baby's care, and following-up with a postpartum visit.

No guarantees: Although every study performed on Birth Doulas has shown that their presence results in a shorter labor with fewer medical interventions and a 50% reduced risk of having a c-section, it is impossible to make any guarantees about your labor or the health of your baby. Regardless of the outcome of the birth (including c-section), all fees are due, and no refunds will be given except as stated below.

Failure of Birth Doula to provide services: I make every effort to provide the services described. If this is impossible (for example, if I am ill or attending another birth) I do provide a back-up Birth Doula (whom I, not you, will pay). In the event that a back-up doula becomes necessary, no part of the original fee will be returned. In the highly unlikely event that I fail to provide a back-up doula, I will refund half of the fee (\$1,000), and will still provide a postpartum visit. This will allow me to be compensated for the prenatal work I have done with you and your partner, and independently on your behalf. If my failure to attend your birth is due to circumstances beyond anyone's control (i.e. earthquake, car accident, ice storms, etc.) I will keep \$1,000 as compensation for prenatal services and on-call services. I will refund \$1,000.

If you fail to call me for your birth, for any reason, no refund will be given.

I have read and agree to the above terms.

Client Name

Client Signature

Client Address

Date

Estimated Due Date

Please mail contract and payment to:

Elizabeth Porter

2007 33rd Avenue

San Francisco, CA 94116

(Check, Venmo or Paypal)

Payment Received

Doula Signature

Date