

Love for Birth

Agreement for Birth Doula Services

As your birth doula, I will draw on my training, experience and knowledge to help ensure that you and your partner have a safe and satisfying birth experience. I will provide emotional support and physical comfort and keep open communication with the other members of the birth team to make sure that you have the information you need to make informed decisions as they arise. I can provide reassurance and perspective to you and your partner; make suggestions for labour progress; and help with relaxation, massage, positioning and other techniques for comfort.

Prenatal Meetings: I will meet with you and your partner two or three times depending on the Package you select. Certainly in between the time of these meetings and the time you go into labour, we will remain in contact as much as you wish by email, texting, or phone.

When Labour begins: Please contact me as soon as you think labour is beginning. This way I can help answer questions and make suggestions over the phone. We can decide if you would like me to come and support you right away or just keep contact open as things develop. I usually need at least one hour to get to you from the time you ask me to come. From the time I start to support you in labour I will do all within my power to stay with you through labour and birth. Should the birth go beyond a time that I feel I can support you; a backup doula will be called.

After Your Baby is Born: I will stay with you for 1 or 2 hours after the baby is born, until you are comfortable and ready for some quiet family time. During this time I will make sure you have had something to eat and drink, and I will assist with breastfeeding if necessary. Between the time of the baby's birth and the time I visit you for our postpartum meeting, I will be available to answer any questions via phone or email.

As a doula, **I do not:**

- Perform any clinical tasks such as vaginal exams, taking blood pressure, or fetal heart checks. I am there to provide emotional support and physical comfort.
- Make any decisions for you. I will help you gain all the information you need to make your own informed choice. I will also remind you should there be a departure from your birth wishes.
- Speak to the staff on your behalf. I will make suggestions and discuss concerns and encourage you to speak directly to clinical staff regarding any clinical procedures.
- Support an intentional unassisted birth.

Payment of Fees:

Half of the total fee for the chosen Package is due as a retainer within a week of your agreeing to hire me as your doula. Payment can be made either in cash, by cheque, or by *Interac Email Transfer*--a greener and more efficient option.

A cheque or *Interac Email Transfer* payment for the remainder, postdated for your due date, is required at this time as well.

Payment for any additional service is due at the time such service is performed.

Failure to provide Doula Services:

Should I not be able to attend the birth of your child due to illness, an alternate doula will be provided for you. Should I be at another birth at the time you go into labour, I will provide an alternate doula until I am able to attend. In the event that I am unable to attend the birth due to a quick delivery, the remainder of the fee will be altered to reflect extra postpartum support, up to 6 hours. Should you require a scheduled c-section, you have the option of cancelling your doula service, but the retainer will be non-refundable. In case your labour results in an unscheduled c-section the fee remains the same. Should your labour progress in a fashion that you don't feel it necessary for me to attend the birth, the remainder of the fee will be altered to reflect extra postpartum support, up to 6 hours.

I have read and understand the above explanation of services and agree that it accurately describes the agreement between me/us and Sherri Murray of Love for Birth services.

Signature of mother

Date

Signature of father

Date

Signature of Doula

Date