

Original Birth Doula Contract



PASSAGEINSTITUTE.COM

Doulas accompany women in labor to help ensure a safe and satisfying birth experience. They draw on their knowledge and experience to provide emotional support, physical comfort and the information you need to make informed decisions as they arrive in labor. Doula's can provide reassurance and perspective to you and your partner, make suggestions for labor progress, and help with relaxation, massage, positioning and other techniques for comfort. Doulas can also provide referrals to community resources, help with Birth Plan, and specialists. Doula's work for you, not your caregiver or hospital.

Choosing a doula

You will be asked to choose your primary and back-up doula from the doula's in our service. Your primary doula will be your main point of contact during your pregnancy and prenatal meetings and your back-up doula is encouraged to meet with you during the prenatal education meetings. If you are unable to meet with your back-up doula during one of the three prenatal meetings,

your back-up doula will contact you by phone. Your primary doula will be responsible for discussing your priorities and any fears or concerns, and to plan how you might best work together. The primary doula will become familiar with your Birth Plan, including your preferences regarding management options and the use of pain medications. The primary doula will also want to know your own best ways of coping with pain and fatigue and how you and your partner foresee working together.

Late Pregnancy

Your doula is available for phone consultations and email questions in pregnancy, and she encourages clients to call with questions or updates. Once we enter the on-call period, she encourages clients to check in with me every few days to let her know how they're doing. The on-call period for birth is 36-42 weeks of your pregnancy. During the on-call period, your doula is committing herself to be within 50 miles of Durham at all times unless previously discussed with you.

When you are in labor

We prefer that you call your primary doula when you think you are in labor, even if you are not sure. She can answer questions and make suggestions over the phone. A doula will usually need approximately 1 to 2 hours to get to you from the time you ask me to come. At that point, you can decide where to meet – at your home or the hospital. If you call your primary doula and you are unable to reach her by phone, you will need to call the Doula Service On Call Phone Number (provided in your birth packet). Either your selected back-up doula or the doula on call will be available 24 hours a day, except for extraordinary circumstances.

After birth

Your doula will usually remain with you for one to two hours after birth, until you are comfortable and your family is ready for quiet time together. A doula can also help you with initial breastfeeding/breastfeeding support, if necessary.

The doula that attended your birth is available via phone/text/email to answer questions about the birth or your baby and would like to get together with you within one to two weeks to see how you are doing, to review the birth, to admire your baby, and to get feedback from you. At that time, if not soon after, a written record of your

birth will be presented to you.

As per our discussion your doula will be providing post-partum support (12 hours per week for 2 weeks). Post-partum support will include:

- Help with post-birth comfort measures and physical recovery (Sitz bath/Yoni steaming)
- Help new parents adjust to life with a baby and provide encouragement
- Holistic Recommendations
- Light Housework Management: Help with light housework, such as dishes, laundry, and tidying up
- Light Food Prep
- Breastfeeding Support
- Newborn care
- Play with older children, help with nap time and bed time
- Meal & Nutrition Plans

Emergency

Cesarean section is not a surgery that we anticipate happening at the time of hire. In the event you have a cesarean section, planned or emergency, all fees remain the same. I will stay and offer as much support as the medical staff will allow. It is up to you to secure my place in the operating room. If scheduled, I will meet you at the hospital at your scheduled time. I will accompany you in the operating room if allowed by medical staff, and offer emotional support and breastfeeding support after the birth. If for some reason I am not allowed to be present in the operating room (emergency, policy, etc), I will join you after the birth in the recovery area or in your postpartum room to provide emotional and breastfeeding support after the birth.

What is not provided as a doula

Doulas do not:

Perform clinical tasks such as: blood pressure, fetal heart checks, vaginal exams, and others. They are there only to provide physical comfort, emotional support, and advocacy.

Make decisions for you. She will help you get the information necessary to make an informed decision. She will also remind you if there is a departure from your Birth Plan.

Speak to the staff instead of you regarding matter where decisions are being made. She will discuss your concerns with you and suggest options, but you or your partner will speak with the clinical staff.

Failure to provide service

Doula's will make every effort to provide the services described here. Sometimes this is impossible (for example rapid labor). If the failure to attend your birth is due to a doula's error, there will be no charge for the birth portion of services and all fees will be refunded except the \$150 deposit (this covers prenatal meetings, paperwork and time). If it is due to circumstances beyond anyone's control (for example natural catastrophic events, illness, or an extremely rapid labor), we will split the agreed upon balance. If it is due to your failure to call me, the fees are kept, or you will owe Original Birth, the agreed upon full fee for service.

Energy Exchange/ Fees

The full fee for Doula services as described herein is \$725, to be paid as follows:

\$500.00 Birth Doula (one meeting at your home before the birth, birth, staying 2 hours after birth, 2 post-natal visit (can include yoni steam/sitz bath), birth story).

\$225 Bengkung Belly Binding Package (Wrap, 3 sessions with me, Firming Oil).

**I have waived the Belly Binding Consultation Fee.*

Total: \$725.00

\$362.50 non-refundable balance –due by the first prenatal visit or before birth. This may be sent prior to the first prenatal visit to ensure that your space is held.

\$362.50 balance –due by first post-natal visit.

I/We have read this letter describing the Doula's services and agree that it reflects the discussion we had with her.

Client Name Printed	Signature	Date
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Partner Name Printed	Signature	Date
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Doula Name Printed	Signature	Date
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Payment Options: Cash Ap (\$SheSheikh), Zelle/Paypal: admin@passageinstitute.com, check (Rites of Passage Institute), Cash, Card (on website, I will send a custom link).

Thank You, Asante Sana, Shukran, Jerejeffe, Gracias

For office use only

Payment Record

Date: _____ Amt: \$ _____ Payment Type: _____

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Doula Selections:

Primary Doula: Shemora Sheikh

Back Up Doula: ___TBA_____