



Birth Doula Services Agreement

This agreement is between **[[CLIENT_FULLNAME]]** ("Client", "You", "the Mother") and Best Beginnings Doula Services ("Doula", "I", "We") governing the provision of doula services to the client.

Birth Doula Services Description

I agree to meet with you and your partner at least two times prenatally in order to get acquainted and plan for your birth. I will be available by phone, text or e-mail from the time this contract is signed to answer questions and receive updates about your pregnancy. Non emergency calls, texts or emails will be answered within 24 hours. Non-labor related calls or texts should be made between 8 am and 9 pm. I will be "on-call" for your labor from the week before your due date until labor begins and will let you know if there are times I may be unreachable. I will arrange for a back-up doula in the event that I am unable to attend your birth due to illness, being at another birth or an unexpected emergency. If you want to meet the back-up, that can be arranged. "On-call" means that I will be available to you at any time of day since labor could start at any time and I want to be notified as soon as possible if you experience any signs of possible labor such as bloody show, vomiting/diarrhea, leaking amniotic fluid or contractions/cramping.

I will arrive within 1 hour 30 minutes of your call to come to your house or birthing place for support. I will stay with you until one to two hours after birth to assist with breastfeeding, if desired, and immediate postpartum care. I will check in with you either in person or by phone within the first 48-72 hours after birth and will continue to be available by phone if questions or concerns arise. I will come to your home within two weeks after the birth to check in and debrief about the birth. I will refer you to other professionals should you need assistance beyond my scope of practice such as a lactation consultant, body worker or therapist.

You and your partner will agree to meet with me at least twice, once in your home, to discuss birth plans. You agree to keep me informed about any changes or updates regarding your pregnancy, including doctor visits or tests. You agree to call me as soon as you believe labor may be starting, so that I can be available as soon as you need me.

Limitations

A birth doula's job is to provide emotional, physical, and informational support before, during

and after labor/birth. My goal is to help you have a satisfying birth experience, no matter what choices you make and regardless of clinical outcomes. I do not have a personal agenda for your birth or parenting style, nor do I give medical advice or diagnoses. However, I can facilitate communication with your clinical care provider by helping you formulate questions and understand the information that is given to you. Although studies have shown that having a doula at your birth can help labor be shorter, go smoother with fewer interventions, and have less need for pain relief, there is no guarantee that these things will happen. Labor is unpredictable and a doula's role is for support and education only.

Liability waiver

Best Beginnings Doula Services and Sally Wiggins will not be liable for any physical, mental or emotional harm that comes to the client or baby before, during or after birth as long as scope of practice is followed.

Fees

The fee for the described services is \$900. A non-refundable deposit of \$450 is due when this contract is signed. The Final Payment of \$450 is due two weeks before your estimated due date.

Cancellation and Refunds

Your initial deposit of \$450 holds your place in my calendar and is non-refundable under any circumstances. The remaining \$40 is refundable ONLY if I miss your birth through my own negligence, (missing your phone call, failing to provide back-up if I am unavailable). If I miss your birth because you choose not to call me, or my back-up, or because the birth goes too quickly, no refund will be given. I will still provide my postpartum support in these instances.

Backup doula services

A back-up doula will be provided, her name is **Carli Mellentine** and can be contacted at 317-589-0711.

Covid-19 Clause

Due to the fluidity of local healthcare restrictions during the Covid-19 pandemic, some birthing facilities may restrict doula support at any time and without prior warning. In the event doula support is prohibited at the client's birthing location, the doula will make every possible effort to provide virtual coaching and support. Methods can include FaceTime, Zoom, phone call, etc. The client agrees to make the doula aware of any policy changes at the birthing facility. In the event the client is Covid positive at the time labor starts, the doula reserves the right to support the client virtually, if she chooses, to protect other clients that she may be serving at the time

Doula name : Sally Wiggins

Doula signature:

Doula Date:

Client name :

Client signature:

Client Date :

Partner name :

Partner signature:

Partner Date :

Best Beginnings Doula Services

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