

Payment 1 \_\_\_\_\_ Payment 2 \_\_\_\_\_ CBE \_\_\_\_\_ BFE \_\_\_\_\_ Total Paid \_\_\_\_\_ Baby DOB \_\_\_\_\_

Int \_\_\_\_\_ / \_\_\_\_\_ LM/BP \_\_\_\_\_ / \_\_\_\_\_ VC/CBR \_\_\_\_\_ CBE/BFE \_\_\_\_\_ / \_\_\_\_\_ PP \_\_\_\_\_ / \_\_\_\_\_

## Birth Doula Agreement

Mother's Name: \_\_\_\_\_ Due Date: \_\_\_\_\_

Partner's Name: \_\_\_\_\_ Baby's Gender: \_\_\_\_\_

Address: \_\_\_\_\_

Mother's Cell: \_\_\_\_\_ Partner's Cell: \_\_\_\_\_

Mother's Work: \_\_\_\_\_ Partner's Work: \_\_\_\_\_

Home Phone: \_\_\_\_\_

Mother's Email: \_\_\_\_\_

Partner's Email: \_\_\_\_\_

Name of Care Provider: \_\_\_\_\_ Birth Location: \_\_\_\_\_

Baby's Name: \_\_\_\_\_

Mother's Age: \_\_\_\_\_ Previous Births: \_\_\_\_\_ Previous Pregnancies: \_\_\_\_\_ Ages of Living Children: \_\_\_\_\_

Have you or your baby had any medical complications in previous births? \_\_\_\_\_

If so, please explain: \_\_\_\_\_

Referred by: \_\_\_\_\_

Other Information: \_\_\_\_\_

**Role of a Birth Doula:** As your Doula I educate you so you are well-informed during labor and therefore have the confidence to make the best decisions for you and your baby. I assist you during active labor to help ensure a satisfying birth experience. I draw on my education and experience to provide emotional support and physical comfort. I provide reassurance along with physical and emotional support to you and your partner. I make suggestions for labor progression and comfort to help you relax through the use of massage, positioning, and many other techniques. I am independent and self-employed. I work for you, not your care provider or hospital. I am available to you by phone and email for questions throughout your pregnancy and after you have given birth.

**What a Birth Doula does not do:** A Doula does not perform medical tasks, such as blood pressure, fetal heart checks, vaginal exams, etc. I am there to provide physical comfort, emotional support, and evidence-based information from resources such as the American College of Obstetrics and Gynecology (ACOG), The World Health Organization (WHO), and the American Academy of Pediatrics (AAP). A Doula does not make decisions for you. I will give you unbiased, evidence-based information from ACOG, WHO, and AAP so you are fully informed in making decisions concerning the healthcare of you and your baby. However, you are responsible for making your own decisions. I do not speak to the medical staff on your behalf. I will discuss your concerns with you and will remind you of your options, but you or your husband must speak on your behalf to the medical staff.

**When to contact me:** Please contact me by email or phone when you lose your mucus plug. That is a pretty good indicator that labor might start within the next few days. I request that you call me when think you are in early labor. If it is the middle of the night and you think you might be in labor, it is fine to wait until the morning to call. However, if you need me during the night, please call me. I will stay in touch with you by phone until you are in active labor and are ready for my help. Please allow approximately 1 ½ to 2 hours 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 join you once active labor begins.

**Inductions:** If you are induced, I join you at the hospital when active labor begins. It is oftentimes routine for the mom to be in the hospital overnight prior to starting pitocin, an artificial hormone that causes contractions. The American College of Obstetrics and Gynecology (ACOG) recommends inductions should only be done when medically necessary. ACOG also states that suspecting a large baby is not a medical reason to induce. An induction very often puts the baby in distress, and an induction increases the risk of having a c-section by 50%. If you choose to schedule an elective induction there is flexibility, so please contact me so we can choose a date that works well for all of us.

**Postpartum care:** After the birth, I will remain with you until you are comfortable, breastfeeding, and you are physically and emotionally ready for me to leave. I stay a minimum of 1 hour after birth. At approximately 3-7 days after birth, I visit you at your home to help with breastfeeding and answer any questions you have concerning general newborn care and postpartum care for yourself. I will then check on you by phone during the next month, but you may call or email me with questions as long as you need.

**Fees:** My fee for the services described is \$900 to be paid as follows: \$450 as a deposit, due upon entering this agreement; and \$450 due one month before your due date.

**No guarantees:** Although every study performed on Birth Doula 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.

**In the event of a planned cesarean:** If you end up having a planned cesarean birth, and I am given at least two weeks notice, and you don't spontaneously go into labor before the induction date, I will refund you \$100. My duties still include keeping you comfortable before and after birth, helping you to breastfeed both in the hospital, and following up with a postpartum visit.

**Failure of Birth Doula to provide service:**

I make every effort to provide the services described. If this is impossible (for example I am sick) I will provide a back-up Birth Doula for you. If I fail to attend your birth or to provide a back-up doula, I will refund you \$550, but will still provide a postpartum visit. In the event of a rapid labor, if I arrive within 2 hours of being asked to come to the birth but miss the birth, I will give you a refund of \$250. If the decision to perform a c-section is made within 2 hours of my being called and I miss the birth, no refund will be given. If my failure to attend your birth is due to circumstances beyond anyone's control (i.e. hurricane, ice storm, etc.) I will keep \$450 as compensation for prenatal services and on-call services, I will provide a postpartum visit, but will refund \$450. If you fail to call me for your birth, no refund will be given.

**I have read and agree to the above terms.**

Date \_\_\_\_\_

\_\_\_\_\_  
Client Signature

\_\_\_\_\_  
Client Name Printed

\_\_\_\_\_  
Birth Doula Signature

Anna Marie Nelson CD(DONA), LMT, LCCE, CBE  
Birth Doula Name Printed

**Mail check and Birth Doula Agreement to:**

**Anna Marie Nelson  
99 Parker Ridge Road  
Palmer, TX 75152**