

Diamond Doula Service Agreement

My Aims

* I will support you during your pregnancy, labor and in the postpartum period, in whatever choices you make.
* I will provide information to enable you to make informed choices.
* I will remain up to date on current research into birth related issues.
* I believe that birth is a normal physiological process and an important journey in a mother and father’s life.
* I will maintain complete confidentiality of all details relating to your pregnancy and birth.
* I will strive to support you during labor to ensure a positive birth experience and to help you to achieve the type of birth you would like.
* As I am independent and self-employed, I will be working for you, not your care provider or hospital.
* I **do not** perform clinical tasks such as blood pressure or fetal heart rate monitoring. I do provide physical, emotional and educational support.

My Obligations

* I will draw on my knowledge and experience to provide emotional support, physical comfort, and make sure you have the information you need to make informed decisions during labor.
* I can provide reassurance and perspective to you, make suggestions to help labor progress, and help with relaxation, massage, positioning, and other techniques for comfort.
* I will be on call for you 24 hours a day beginning two (2) weeks before your estimated due date (EDD) up until labor begins. This means that I will carry my cell phone with me at all times, and will not leave town without advising you unless it is an emergency or an event not known about at the time of this contract signing.
* Once you have requested me to act as your doula, I will arrange an antenatal visit. During this visit, I can discuss any questions you might have, sign our contract, and go over exactly what you want from me as your doula. I will discuss birth plan options, your personal information, when you will call me in labor, etc.
* The presence of a doula lifts the sole responsibility of the labor off the shoulders of your partner, allowing him to enjoy the whole birth process. I can help your partner to feel calm and informed, giving him ideas to continue support from beginning to end. At no time will I "take over" or deliberately exclude your partner. I am there to provide support to both of you at all times. Sometimes a partner likes to stay by the mother’s side during the whole of labor, while others prefer to take a break. This is your birth experience and it is important that you feel free to decide on what you want at the time.
* I will provide birth plan information and consultation.
* I will answer questions and make suggestions over the phone any time before labor begins.
* I will provide early labor support as requested, including in your home.
* I will remain with you once active labor has begun until one to two hours after your baby is born. I may take short beaks for meals and rest if time allows – this will be discussed with you at the time and I will not leave you if it is inappropriate.
* I may utilize non-medical support techniques for labor and birth.
* I will strive to maintain a calm and peaceful birth environment.
* I will maintain a birth log as circumstances allow. This will then be given to you within 2 weeks of the birth of your baby.
* I will assist in providing information and supplying emotional support by telephone on postpartum care, breastfeeding, and newborn care after the birth, as requested. Please contact me if you have any concerns. If I cannot help, I will be able to find the appropriate person who can. I will help to initiate the breastfeeding process, if that is what you choose to do. Please note, I am not a breastfeeding consultant, but will refer you to one if you would like. If you wish to bottle feed your baby, I will help you with the first feeding.
* Within the first 5 days after the birth of your baby, I will visit you at home or in the hospital. I will answer any questions or give you a referral to the appropriate professional that can meet your needs. Follow-up visits can then be arranged if desired.
* All records are personal and confidential. I will not share these records with any other person without your express permission.

Your Obligations

* You will complete a **birth plan** and discuss this with your caregiver.
* You will **tour your birth facility**.
* You will **call me when you think you may be in labor**, even if you are not sure, so that I may arrange to attend your birth.
* You will **allow me approximately one and a half hours** to reach you.
* Half of the **deposit of will be due within 5 days** of requesting me to act as your doula. The remaining balance will be due around 37 weeks.
* Deposits can be made via paypal at [buttondownlip@hotmail.com](mailto:buttondownlip@hotmail.com) with a 3% surcharge to cover fee’s. I can also take cash and checks.

Failure to provide service

* I will make every effort to provide the services described here.
* In the case of a rapid birth or medical emergency, it may be impossible for me to provide these services.
* If you contact me to advise that you are in labor in good time, but I do not attend your birth due to an error on my part, I will refund the total amount paid.

IMPORTANT - Emergency Delivery

* If your baby arrives unexpectedly at home with me present, you or your partner will be responsible for the delivery of your baby. After the birth, I can help you arrange transport by ambulance to the hospital. **I am not responsible for delivering your baby or performing any clinical skills related to the delivery of your baby.**

In signing this contract, you agree that I have discussed all the points herein and you understand and agree with them.

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Client's name

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Client's signature Date

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Doulas name

