

BIRTH DOULA SERVICE AGREEMENT

Prenatal Support

2 personalized prenatal visits to:

- Develop a birth plan tailored to your goals and values.
- Discuss and practice comfort techniques such as breathing, positioning, and mindfulness exercises.
- Address questions or concerns and provide reassurance and guidance throughout pregnancy.
- Ongoing support via text, email, or phone during pregnancy for emotional and informational assistance.
- Access to resources like birth affirmations, relaxation tools, and curated playlists.

Labour and Birth Support

- On-call availability 24/7 starting at 37 weeks until the birth.
- Continuous physical, emotional, and informational support during labour and birth.
- Use of comfort techniques, including but not limited to:
 - Breathing techniques, relaxation, and visualization exercises.
 - Physical support such as massage, counterpressure, and heat/cold therapy.
 - Assistance with optimal birthing positions and use of tools like birthing balls.
- Advocacy to ensure your preferences are respected while navigating decisions with your care team.

Postpartum Support

2 personalized postpartum visits to:

- First week home with the baby to assist with breastfeeding and answer baby care questions.
- Regular phone/email contact for the first month to answer any questions about caring for yourself and newborn.
- Birth story/notes/journal to review about your birth- to be prearranged
- Emotional and physical support during the initial adjustment period.
- Customized resources for postpartum recovery and newborn care.

Virtual Support Options

- Prenatal and postpartum meetings conducted via FaceTime, Zoom, Google Meet or another virtual platform.
- Summarized follow-up emails detailing discussion points.
- Tailored handouts, cheat sheets, and curated resources.
- Real-time guidance and emotional preparation for birthing partners.



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Additional Services - Additional Charges Apply

- Daytime doula care (minimum 4-hour shift)
- Overnight doula care (minimum 8-hour shift).
- Sibling care during postpartum adjustment.
- Specialized workshops (e.g., infant CPR, mindful parenting).
- Extended support beyond 6 weeks as needed.
- Educational support tailored for household members aged 4-17.

Shared Care Model

- A primary doula and secondary doula(s) will ensure full support coverage.
- Clients will have the opportunity to meet the secondary doula(s) before the birth.
- While your primary doula will make every effort to attend your entire labour and birth, your secondary doula(s) may assist in the occasion of attending another birth, a personal situation, a very long labour and or with postpartum support.
- The full fee applies regardless of which doula attends the birth.

Client Confidentiality Release

- Client information will remain confidential within the team of health care practitioners.
- I give my permission to share information and documents including personal information that I choose to disclose to my doula and information regarding my labour, birth and postpartum as well as any information regarding my partner and baby(ies) within the team of Health Care Practitioners

Photograph/Share Photo Release

- Photo permissions of you/your family/baby(ies) may be taken for personal use or social media as part of your contract
- With your permission doula can airdrop, email/give you pictures.
- I grant permission for doula to post **pre-approved** photo(s) of my family/baby(ies) including first names on our social media platforms including our website.
- I grant permission for **pre-approved** pictures and or videos of my family/baby(ies) including first names on our social media platforms including our website.

Liability Release

- I agree to hold the doula harmless and release them from any and all liability arising from the services provided, except in cases of gross negligence or willful misconduct.
- This includes, but is not limited to, any injuries, damages, or losses that may occur during or as a result of the doula's support.



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What Doula Services Do NOT Include:

- Clinical tasks such as blood pressure, fetal heart checks, or vaginal exams.
- Decision-making on behalf of the client; instead, we provide the information needed for informed choices.
- Speaking to clinical staff on behalf of the client; we support clients in articulating their preferences directly.

Terms of the Agreement

- Fees are non-refundable - 50% of deposit due at booking and remaining due before due date/ each postpartum visit.
- Clients must notify their doula promptly for labour and birth support.
- In the event of circumstances beyond control (e.g., rapid birth, inclement weather), additional postpartum visits may be discussed as compensation.
- Hybrid models of care such as virtual support by phone/text/video conferencing may be employed in cases of hospital policy changes.
- Failure to call or notify your doula to come for your labour and or birth will result in forfeit of balance of fees.
- If your secondary or backup doula attends your birth, the full fee still applies.

Acknowledgment

I/We have reviewed and agreed to the terms outlined in this Doula Service Agreement.

Client Name: : _____

Confidentiality Release Initials: _____

Photo Release Initials: _____

Liability Release: _____

Client Signature: _____

Date of Signed Agreement: _____

Doula Name: _____

Doula Signature: _____

Date of Signed Agreement: _____

