

“Embrace” ... Doula Ministry

Northumberland Youth For Christ - Sarah Stanford CD(DONA)
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This contract contains three parts: Memorandum of Agreement, Release from Liability, Client Confidentiality. In this letter I will describe the labour support (birth doula) services I provide; this will serve as a Memorandum of the Agreement between us. My services include the following:

Before Labour:

1. If possible, we should have at least one meeting between you, your partner or any other person(s) who will be with you during labour, and myself. At this meeting we can become acquainted: I can inform you of my background, training and experience, you can describe your priorities, concerns, fears and questions regarding your upcoming birth. *This meeting does not obligate you to select me as your doula.* I encourage you to meet other doulas, and to take some time before deciding.
2. We can discuss how you (and your partner) believe I can be most helpful to you.
3. I offer customized information regarding any specific concerns you may have, and assistance in preparing a birth plan.
4. I will establish a reliable method for you to reach me; phone/e-mail contact as needed and desired.
5. We will discuss my availability around the time of your due date. I will be on-call for you from _____ until the birth of your baby. I work with a back-up doula, who may provide additional support if required, and who will make every effort to attend your birth if I am unable to.
6. Occasionally, complications or loss occur during a pregnancy and/or labour. In the event that you should experience complications or loss, I will still be available to support you should you desire this.

During Labour:

1. Early labour phone contact for information and for us to decide where and when to meet. I will usually need approximately _____ to get to you, from the time you call.
2. I will stay with you from the time you want or need a doula, throughout the labor and birth, and for approximately one to two hours after the birth.
3. I will use my knowledge and experience to provide you with physical and emotional comfort and support.
4. I will help you and your partner(s) by offering reassurances, assistance, suggestions, and information, based on our prior conversations.
5. I will strive to foster positive interactions between all members of your birth team, including the medical staff and other support people, so that the atmosphere is conducive to your labour.
6. I or my back-up doula will make every effort to attend your birth, but on rare occasions this may be impossible. If my failure to attend your birth is due to my error, there will be no charge for my services, and the \$75 retaining fee will be refunded. If it is due to circumstances beyond my control or your failure to call me, I will keep the retaining fee, but there will be no further charges. (See “Fees” at the end of this document.)



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After Birth:

1. I will stay with you until the placenta is delivered, you are comfortable, and you (your family) seem(s) ready for quiet time together. I will help with initial breastfeeding if desired. All this usually takes approximately one to two hours.
2. I will contact you by phone within two to three days of the birth to answer questions, check on your well-being, briefly review your labour and birth, and arrange a convenient time to get together.
3. I am available by phone and/or e-mail to answer questions.
4. I will meet with you at least once after the birth: to review the birth experience with you, compare notes, and clarify events that took place around you; to get feedback from you about my own role; to answer any basic postpartum and/or newborn care questions you may have and provide referral information where appropriate.

As a doula I do not:

- ◆ Perform clinical tasks such as blood pressure, fetal heart checks, vaginal exams, interpret monitor strips, and others. I am there to provide physical, emotional, and informational support.
- ◆ Give medical advice. While I may provide you with information from mainstream and/or complimentary health sources, this information should only be used in consultation with your health care provider, and at your discretion.
- ◆ Make decisions for you. I will help you get the information necessary to make an informed decision. I will also check in with you if it appears that there may be a departure from your preferences.
- ◆ Speak to the staff on your behalf. I will discuss your concerns with you and discuss options, as well as ask questions, but you or your partner will speak on your behalf to the clinical staff.

Fees:

The vision of DONA International is “a doula for every woman who wants one”. The DONA Code of Ethics states that our fees ought to be set with ‘due regard for the client’s ability to pay’. As such, I have a fee range of \$250 to \$450, which covers my basic expenses. This range allows you, the client, to pay what you are able. Simply let me know what amount you will choose to pay. A \$75 retaining fee allows me to hold the space around your EDD for you. Payments plans are also possible. If this fee is problematic, please speak to me about alternate arrangements. After discussing the fees for my services, we have agreed upon the following:

Total Fee: _____
 _____ \$75 _____, as a retaining fee, due when you select me as your doula.
 _____, due within one month after the birth.

I/we have read this letter describing Sarah Stanford’s services as a birth doula and agree to these services as outlined.

Client’s Name	Client’s Signature	Date
Partner’s Name	Partner’s Signature	Date
Parent/Guardian’s Name & Signature (if client is less than 16)		Date
Doula’s Name	Doula’s Signature	Date