



BIRTH DOULA HIRING AGREEMENT

As a Doula, I accompany women in labor to help ensure a safe and satisfying birth experience. I am a non-clinical provider who will draw upon my knowledge and experience to provide emotional support, physical comfort and communication with your health care provider to ensure you have the information needed to make informed decisions in labor. I can provide reassurance and perspective to you and your partner, make suggestions for labor progress, and help with relaxation, massage, positioning and other techniques for comfort. I will support you to my fullest in facilitating the kind of birth you have envisioned for yourself and your family. I am independently self-employed. As your doula, I am working for you, not your care giver or hospital/birth center.

During your pregnancy, we will try to meet twice before your labor. During our visits, I will want to become familiar with your plans for labor, birth and postpartum. We will discuss when to call during labor, and what to expect when we arrive at the hospital. I will also want to know your own best ways of coping with pain and fatigue and how you and your partner foresee working together. We will also review your plans for postpartum and basic newborn care. In between visits I will be available by telephone or by email to answer any questions or concerns. Starting at 37 weeks until the time of birth, I will be on-call for you 24/7.

The Arvigo Techniques of Maya Abdominal Therapy® (ATMAT) are founded on the ancient Mayan technique of abdominal body therapy which is an external non-invasive manipulation that repositions internal organs that have shifted, thereby restricting the flow of blood, lymph, nerve and chi. ATMAT address position and health of the pelvic and abdominal organs. ATMAT is safe after 20 weeks gestation. I offer a series of six ATMAT sessions as an additional service to my basic doula services.

As a doula, I do not perform clinical tasks, such as blood pressures, fetal assessments, vaginal exams, etc. I am present to provide for your physical comfort, emotional support and advocacy. I will not make decisions for you or your partner. I will help you get the information necessary to make an informed decision.

When you are in labor, I prefer that you call me when you think you are in labor, even if you do not yet need me. I can answer questions and make suggestions over the phone. We will decide at this time whether I should come to your home right then or wait for further change. I usually need at least thirty minutes to an hour to get to you from the time you request my presence. Except for extraordinary circumstances, I will remain with you throughout your labor and birth.

After birth, I usually remain with you for one to two hours, unless you are comfortable and your family is ready for private time together. I can also assist you with breastfeeding, if necessary. I am available for phone contact to answer any questions

Nine Moons Midwifery

you may have. I would like to meet one last time within one two weeks following your birth to see how you are doing, to review the birth, to admire your baby, and to get feedback from you about my role.

My fees for these services as described is \$1200.00. An additional \$300 dollars is added if you would like to receive ATMAT during your pregnancy. A \$500.00 retainer fee is due when you select me as your doula. The balance of \$500.00 (\$750) is due within two weeks of your estimated due date, unless special arrangements are made in advance.

If you go into labor before 37 weeks, or if you are admitted to the hospital before your due time, please still call me. I will make every effort to attend your birth however I may not be available.

In the event I am unable to attend your birth due to illness, I am with another mother who is in labor, or unforeseen circumstances, I will provide an experienced doula to attend your birth in my place.

If I or another doula are unable to attend your birth, and this is due to my error there will be no charge for my services and I will refund the retaining fee. I will make every effort to provide the services described in this agreement, however, sometimes this is impossible (ie, a rapid labor and birth, natural disaster, dangerous driving conditions). If failure to attend your birth is beyond anyone's control, our agreement stands as is. If I am not called for the birth, the fees will not be refunded, as I may have turned away other clients for your space to be reserved. If the client chooses to cancel service before 37 weeks, all but the retaining fee will be returned. After 37 weeks, there is no refund for cancellation.

Cesarean Section is not a surgery that we anticipate happening at the time of hire. In the event you have a cesarean section, planned or emergency, all fees remain the same. I will stay and offer as much support as the medical staff will allow. It is up to you to secure my place in the operating room. If scheduled, I will meet you at the hospital at your scheduled time. I will accompany you in the operating room if allowed by medical staff, and offer emotional support and breastfeeding support after the birth. If for some reason I am not allowed to be present in the operating room (emergency, policy, etc.), I will join you after the birth in the recovery area or in your postpartum room to provide emotional and breastfeeding support after the birth.

I/we have read this letter of agreement describing the doula's services and agree it reflects the discussion we had with her.

Mother's Signature _____ Date _____

Mother's Printed Name: _____

Partner's Signature _____ Date _____

Partner's Printed Name: _____