

## Birth Guardians doula Service & Placenta Encapsulation

Congratulations! I believe that pregnancy and birth are not medical conditions but rather, are miraculous events in which new life is birthed and a woman is transformed. Every woman has the right to decide which type of birth is best for her and evidence-based information is essential to make birth decisions. The following information outlines what you can expect from me as your doula.

### **My Obligations birth or postpartum**

As a birth doula, I accompany women during labor to help ensure a safe satisfying birth experience. I have completed DONA approved training and have over 5 years of experience

- As I am independent and self-employed, I will be working for you, not your care provider or hospital.
- I will provide birth plan and Postpartum information and consultation.
- I will provide information to enable you to make informed choices.
- I will provide email support and phone support 24 /7 after the signing of our contract.

On call support & physical

until 2 weeks postpartum. If your question does not need an immediate answer, I would prefer an email or text message.

- I will remain up to date on current research into birth related issues. including all information from 3rd parties , backup doula's and your Dr or copies of medical records. I will abide by HIPPA privacy laws

- 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.

\*I will provide a back up doula ( if i'm sick or an emergency has arrived ) I will pay for back up Doula fee out of pocket or 1/2 my birth fee only if I'm sick or if an emergency has arrived during your delivery .

You will interview for backup and understand they are contracted into Birth Guardians doula service as an employee or as an independent contractor which may include additional fees. I am not liable for backup doula's actions (this does not apply to clients who are receiving my services without charge) OSD etc

- I prefer you call me when you think you're in labor , even if you do not need me yet . I can answer questions and make suggestions over the phone . We will decide if i should come right then or wait for further change.I usually need approximately 1-2 hours to get to you from the time you ask me to come , at your home , hospital or birth center.
- I may utilize non-medical support techniques for labor and birth.
- I can provide reassurance and perspective to you, make suggestions to help labor progress, and help with relaxation, hypnotic , counter pressure techniques,

positioning, and other non-medical techniques for comfort. I am Aromatouch certified and can supply free samples of EC oils which you can mix with lotion and apply yourself.

- I will strive to maintain a calm and peaceful birth environment .
- I will draw on my knowledge and experience to provide emotional support, physical comfort, and communicate with the medical staff to make sure your birth plan is followed at your request , i can also give you a birth plan formula with examples from professionals on how to write your dream birth . I will maintain a copy of your birth plan to use to make informed decisions during labor.

- I will maintain a birth log APGAR as circumstances allow. Client will then be given a copy at your postpartum follow up visit if desired.

- I will help to initiate the breastfeeding process, if that is what you choose to do.

Please note, I am not a breastfeeding or lactation consultant, but have lactation education to teach you to latch etc. refer you to lactation consultant if necessary .fl you wish to bottle feed your baby, I can asst with first feedings after that you will continue afterwards.

- I will assist in providing information and supplying emotional support by telephone and/or email during postpartum period .

- I will maintain complete confidentiality of all details relating to your pregnancy HIPPA laws privacy except with backup doula for updates or inform decisions about your birth. I will receive your consent before sharing your story with others. I automatically have consent to share your photos, birth plan and any information with backup doula.

- 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. I also offer one additional follow-up if desired at an hourly rate \_\_\_\_\_As Postpartum doula service or Nanny work if you feel like you are in need of additional support.

### **Before labor and your obligation**

I will meet with you and your partner to become acquainted , to explore and discuss your priorities and any fears or concerns , to discuss your birth plan and to plan how we might best work together . I also want to know your own best ways of coping with pain ,fatigue and how you and your partner foresee working together . I will also inform you of time when i am unavailable for labor support .To cover those times I will arrange one or more backup doulas whom you may also meet or interview. We may also decide to meetings and will certainly want to remain in touch by email or phone .

- You will agree to read and be familiar with the information that I provide for you.

- You may contact me via cell phone or email regarding any questions or concerns throughout your pregnancy.

- You will call me as soon as you think may be in labor, even if you are not sure, so that I may make arrangements to be at your birth.
- You will allow me approximately 2 hours to reach you once you have officially requested my presence.

\*NOTE: If planning a hospital birth, you are responsible for deciding on the appropriate time to go to the hospital. I may see signs that it is necessary to leave and will suggest accordingly but I am not ultimately responsible for insurance that you will arrive at the hospital in time for the birth of your child.

### **As I Doula, I do NOT:**

- Perform clinical tasks, such as taking blood pressure, fetal heart checks, vaginal exams, and others. I am there to provide only physical comfort, emotional informational support and advocacy.
- I will not Make decisions for you. I will help you get the information necessary to make an informed decision. I will also remind you if there is a departure from your Birth Plan and medical staff.
- Speak to the staff on your behalf regarding matters where decisions are made. I will discuss your concerns with you and suggest options, and I will help you identify key questions that may help you with your decisions, but you or your partner should speak to the clinical staff.
- As a Doula I will not prescribe, diagnose or treat any medical problems that may arise and will not be liable for interpreting diagnostic procedures. This is the role of your provider or midwife
- I will not force my own beliefs regarding the birth process and how I believe it should be accomplished on you. I will support each and every unique birthing process, without judgment.
- At no time will I "take over" or deliberately exclude your partner. I am here to provide support to both of you at all times. Communication is key between all parties involved. Spouse must be aware of my arrival and agree.

### **Cesarean Surgery**

In the unlikely event that you must either schedule a cesarean section or if during labor there arises a need to have a cesarean surgery I will support you before, during (if hospital policy allows) and immediately following the surgery. In this case the agreed upon fee is still owed and we may discuss my extended postpartum support.

### **IMPORTANT - Emergency Delivery**

If you call me to advise that your labor has progressed very quickly and delivery is imminent or your baby has been born unexpectedly at home, I will call an

ambulance for you to the hospital you were planning to deliver at and arrange for you to be transferred to that hospital and arrange to meet you there.

If your baby arrives unexpectedly at home with me present, you or your partner will be responsible for the delivery of your baby. I will do what measures I am capable of to try to keep you and the baby safe and comfortable until EMS arrives. This will fall under The Good Samaritan Law. Note: I am not qualified and therefore do not attend planned unassisted home births and will have the right to call 911 should I find myself in this situation. All rapid labor or emergency labor's still pay agreement amount .

**Failure to Provide Service**

I will make every effort to provide the service described here. Sometimes this is impossible (for example, with rapid labor). If it is due to your failure to call me, I will keep, or you will owe me the agreed upon full fee for service. If its my failure to provide service I will pay you 1/2 birth fee back to you. Due to circumstances beyond anyone's control (for example, natural catastrophic events or an extremely rapid labor or contagious illness ); all fees still apply as agreed.

FEE:

my fee for the service described here is to be paid as follow.

\_\_\_\_\_ retainer fee, due when you select me as your doula

\_\_\_\_\_ doula fee due within 5 days postpartum after the birth

I have read this letter describing the doula's service and agree that it reflects the discussion we had with her .

Client's signature \_\_\_\_\_ Client's partner \_\_\_\_\_

Doula signature \_\_\_\_\_ Date \_\_\_\_\_

Back up doula \_\_\_\_\_

notes for back up \_\_\_\_\_

I have the right to call in backup doula after 12-24 hours in labor and the back up doula may charge a hourly or extra fee \_\_\_\_\_

I also have the right to discuss your birth plan , APGARa nd view any pictures taken by back up to verify consent before released .

