

DOULA/CLIENT CONTRACT

What is my role as your doula?

As a birth doula, I will accompany you in labor to help ensure a positive birth experience. I provide physical, emotional, and educational support. During labor, I can help you stay informed so you are able to make decisions and advocate for yourself. 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 do not perform clinical tasks, such as blood pressure, fetal heart checks, or vaginal exams. As your doula, I am working for you, not your caregiver or the hospital. I am independent and self-employed.

About my Services

If and when you choose me as your birth doula, I request a \$600.00 retainer payment, to ensure that we are committed as doula and client. We will then have one or two prenatal visits to discuss your preferences for the birth. We can go over your birth plan, talk about your expectations, explore the choices for coping best with labor, and discuss any concerns about the upcoming birth. We will remain in contact by phone and email until the birth.

I prefer you call me when you think you are in labor, even if you do not yet need me. This allows me to plan my day and arrange childcare for my children. I need approximately one hour to get to you from the time you ask me to come. I will stay with you throughout labor and birth and one to two hours postpartum. After the birth, I can help with initial breastfeeding, if necessary, and answer questions about the birth and your baby.

A few days after the birth, or soon after you arrive home from the hospital, I will come for a brief postpartum visit to offer breastfeeding support, referrals, and to address any initial postpartum concerns. I would then like to meet within three weeks to see how you are doing, to review the birth, get feedback about my role, and to admire your baby. I also share with you the notes that I keep during the birth. The remainder of my fee, a sliding scale of \$600-\$1200, is due at the first postpartum visit. My full birth doula fee is \$1200-\$1800.

What If?

I will make every effort to provide the services described here. Sometimes this is impossible. I regularly work with other doulas for back up and I will keep you informed if there are any potential reasons that I cannot attend your birth, such as illness, family emergency, or another client's birth. You may wish to select a back up from other doulas you have interviewed, or I will try to select someone that would suit you. If I cannot attend your birth and you use the backup doula I've arranged with you, you will pay the remaining fee directly to her. I will also try to attend the postpartum follow up visit.

If no arrangements for a backup doula have been made and I cannot attend your birth due to my error, there will be no charge for my services and I will refund the \$600 retainer fee.

If I do not attend your birth due to circumstances beyond anyone's control such as a rapid labor, or other emergency, or I'm at another birth and you choose not to use a back up doula, I will keep the \$600 retainer fee but there will be no further charges. I will also visit and give support at a postpartum meeting if you would like.

If I do not attend your birth because you do not contact me, you will be responsible for the full birth doula fee of \$1200-\$1800 as scheduled.

If your pregnancy results in a scheduled cesarean birth, I do believe that doula services are of great help. I will still attend the birth and offer valuable informational and emotional support as well as immediate postpartum support with breastfeeding following a cesarean delivery.

Contact Info

I will be on call for you 24 hours a day and I use a cell phone at all times. Please try my cell phone first and then call my home phone.

Jenna Noelke
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Seattle WA 98118
Business ID# 602 698 375

jenna@cherrytreebirthing.com
206-890-9101 mobile
206-725-9545 home

CONTRACT

\$600.00_____Retainer fee due before or at first prenatal meeting

\$600.00-\$1200.00_____Birth fee due at first postpartum visit after the birth

We, the undersigned, state that we have read and understand this doula contract and that it reflects the discussion we had with Jenna about her services.

Client

Date

Client

Date

Doula

Date