



Full Circle Doula Care

Doula Hiring Agreement

As a birth doula, I empower and care for women and their families through their birth journey. I accompany women in labor to help foster a safe and satisfying birth experience by drawing on my professional training, knowledge and experience. I provide emotional support, physical comfort and, as needed, communication between the birth team and you and your partner so you can make informed decisions as they arise in labor. I can provide reassurance, perspective, make suggestions for labor progress, and help with relaxation, soothing touch, 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 independent and self-employed. As your doula and member of your birth team, I am working for you, not your caregiver or hospital/birth center.

During your pregnancy. We will try to meet at least twice before your labor. At our meetings I would want to get acquainted with you and your birth partner, to explore and discuss your priorities and any fears, concerns, and/or hopes, we will also discuss your birth wishes and to plan how we might best work together. I 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.

I can support your preparations for birth and parenthood by offering exercises, relaxation and breathing techniques, activities, roleplays, and referrals to other resources as necessary. I will want to remain in touch by telephone, text, and/or email in the weeks leading up to your birth.

When you are in labor. Please call or text me when you think you are in labor, even if you do not need support at that time. If I am unable to pick up the phone, please leave a message and I will call you back shortly. I can answer questions and make suggestions over the phone. We will decide if I should come right then or wait for further change. In the case of a long early labor, or an induction, I can check in periodically and come when you are moving into active labor. I usually need approximately one hour to get to you from the time you ask me to come. We will also decide where to meet- at your home, the hospital or the birth center. Except for extraordinary circumstances, I will remain with you throughout labor and birth. In the rare circumstance that I cannot attend your birth, I will call a back-up doula to attend.

My goal as your doula is to be completely present for your birth experience--physically, emotionally and energetically. Through using active listening techniques, I will adjust my role according to your needs and seek to promote communication among all members of your birthing team.

After the birth. I usually remain with you for one or two hours after birth, until you are comfortable and your family is ready for quiet time together. I can also help with initial breastfeeding, if necessary.

I am available to answer questions about the birth or your baby and would like to get together with you at least twice within a few weeks to see how you and your baby are doing, admire your baby, and to get feedback from you about your birth experience.

What doulas do NOT do.

As a doula, I do not:

1. Perform clinical tasks, such as blood pressure, fetal heart checks, vaginal exams, and others. I am there to provide only physical comfort and emotional support.
2. 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.
3. Speak to the staff on your behalf. I will discuss your concerns with you and suggest options, but you or your partner will speak directly to the clinical staff.

Failure to provide services.

I will make every effort to provide the services described in this agreement, however, sometimes this is impossible (i.e., 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 and I will provide an additional 5 hours of postpartum support at no cost once you are at home. This can include assistance with breastfeeding, laundry, cleaning, baby care, etc.

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. If my failure to attend your birth is due to my error, I will refund the fee minus the retainer and provide an additional 3 hours of postpartum support.

Any other circumstances out of my control that result in my absence at your birth will be addressed on a case-by-case basis, and may or may not result in a partial or full refund.

Fees.

My fee for the services described here is to be paid as follows:

_____ as a retainer fee, due when you select me as your Doula.

_____ due by 38th week.

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

Date: _____

Client: _____ Client's Partner: _____

Doula: _____