

Birth Agreement

As Birth Doula it is our role to accompany women in labor to help ensure a safe and satisfying birthing experience. We will draw upon our knowledge and experience to provide emotional support, physical comfort and the information you need to make informed decisions as they arise prenatally and in labor. We 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. We are an agency of self-employed women and work for you, not your caregiver or hospital.

Scope of Practice Limitations:

As birth doula we are not trained or authorized to perform the following:

- Perform clinical tasks such as blood pressure, fetal heart check, vaginal exams, or other medical procedures.
- Provide dosages or advice concerning prescription or alternative medication, or give medical advice pertaining to you or your baby.
- Make decisions for you. We will help you get the information necessary to make an informed decision. We can remind you if there is a departure from your birth preference list.
- Speak to staff on your behalf. We will discuss your concerns with you and suggest options, but you or your partner will speak on your behalf to the clinical staff.

Childbirth Education:

Because we cannot adequately explain the entire scope of the physiology and process of labor and birth, hospital/birthing center/homebirth procedures, medical interventions, comfort measures, coping techniques, newborn care, etc., in one appointment. Lancaster Doula LLC offers childbirth education classes as an additional service (either private or in a group setting). Participation in this class is not mandatory but highly recommended.

Length of Labor:

Your doula will make every attempt to make it to you within one hour + drive time of you requesting her. Each doula reserves the right to call on the partnership for back-up after 12 hours in attendance.

Child Care:

Siblings are not only welcome but encouraged, birth is a family event. If you choose to have your older children take part there must be a dedicated adult to help them. Your doula's role is to support you and your partner.

Disclosure of Communicable Diseases:

You agree to disclose any communicable diseases that you have so your doula can take appropriate precautions.

Cesarean Birth:

All of our doulas have experience with cesarean births and can provide support through the entire process if your chosen hospital allows it. If your hospital will not allow your doula to be in the OR with you, we will help you prepare emotionally and mentally for surgery and remind you of your preferences for surgery. Your doula will remain in the hospital and then meet you in recovery after the operation to help initiate breastfeeding (if chosen), bonding, and to make sure you are comfortable. This is the same for both scheduled and unexpected cesarean births.

After the Birth:

After your birth your doula will remain with you for about 1-2 hours or until you are comfortable and your family is ready for quiet time together. During that time your doula will help initiate breastfeeding (if chosen) and encourage family bonding. Your doula will be available for phone contact after the initial postpartum period to answer any questions concerning baby care and breastfeeding. Your doula will return for a follow up home visit a few days after the birth, to discuss how you are doing and review the birth and answer any questions you may have.

Communications:

All non emergent questions can be communicated via email and will be responded to within 24 hours of our dedicated office hours, Monday-Friday 9am-5pm.

With all the technology available to us today, we have placed some guidelines for communications.

Text messaging is an acceptable form of communication in non emergent situations. You may want to tell us you lost your mucus plug, or you tested negative for GBS. We welcome exciting updates in the form of text messaging.

Once labor has started, we ask that you please give us a phone call so that we can offer support and make assessments via telephone. Together we can decide when the right time for us to physically join you in labor is.

Between the hours of 8:00pm-8:00am, text messaging is NOT a reliable form of communication as we will sleep through these notifications. Please be sure to pick up the phone and call us for emergent needs between these hours.

Facebook messaging and comments are NOT a reliable form of emergent communications.

Refund Policy:

Your doula will make every effort to provide the services described here. If failure to attend your birth is due to our error, there will be a refund of moneys paid minus the 50% retainer.

If failure to attend your birth is due to an error on your part (failing to call, text message between 8:00pm-8:00am for example) no refund will be given, and we will keep the full fee.

Occasionally there are situations that will require a scheduled cesarean (i.e. breech baby, etc.). Refunds are not granted when this occurs. Families requiring cesarean still greatly benefit from the support of a doula. Please read more under Cesarean Births Section.

Any other circumstances out of our control that result in failure to attend your birth (weather, traffic, etc) will be addressed on a case-by-case basis, and may or may not result in a partial or full refund.

Packages: \$1,250

Birth doula package requires a 50% non-refundable retainer due at contract signing with remaining balance due at 36 weeks.

Birth doula package includes:

- 1- Personal prenatal appointment. This includes a 90 minute preparing your birth plan session. During this session you will receive a Your Birth Experience Parent Guide. Your doulas will work with you to help you identify your unique needs in a 1-on-1 setting to better prepare for your birth.
- Admission to our CLOSED Facebook page where you can feel free to grow your community and ask questions to us and others.
- Attendance of your labor and delivery.
- 1-2 Hours of immediate postpartum support
- 1- Postnatal appointment in your home.**
- 1- 6 week follow up call to screen for postpartum depression

** Postnatal appointment must be scheduled within 14 days of your birth or it will be considered void. Any appointments made after 14 days will be subject to a \$150 per hour fee.

Client Information:

Estimated Due Date: _____

Client Cell Phone Number: _____

Client E-mail Address: _____

Partner Cell Phone Number: _____

Partner E-Mail Address: _____

Address: _____

Allergies: _____

Name of Hospital: _____

Herpes/ HIV Disclosure: _____

Release from Liability:

In entering a contract for doula services with Lancaster Doulas, LLC we acknowledge that during the performance period of this contract, services may be provided to me/us in my/our home, traveling to a medical facility and hospital. I/we understand that Lancaster Doulas, LLC, have a limited role pursuant to the descriptions of tasks outlined in the above-referenced contract, wherever services are provided to me/us. Lancaster Doulas, LLC have not represented to me/us that contracting for their services, guarantees in any way a risk free, emergency free labor and birth experience. I/we understand that Lancaster Doulas does not make medical or nursing decisions on my/our behalf, to include the decision when to seek medical care at a hospital or when labor support services are provided in my/our home. When services are provided in a medical facility, I/We acknowledge that Lancaster Doulas, LLC is not responsible for the performance of clinical tasks to include medical or nursing decisions regarding the inclusion or exclusion of treatments available to me/us and my/our baby. In consideration of the above acknowledgements, I/we (both jointly and separately) on behalf of myself, ourselves, my/our heirs, administrators, personal representatives, executors and assigns to release and forever discharge Lancaster Doulas, LLC from all damages or causes of action, either law or in equity, which I/we have or acquire or which may accrue to me/us, my/our heirs, administrators, personal representatives, executors or assigns as a result of using our Doula services. I/we intend this to be a complete release and discharge Lancaster Doulas, LLC from all liability whatsoever.

Client Signature

Date

Partners Signature

Date

Please mail contracts and payment to: Lancaster Doulas LLC, 2706 Royal Road, Lancaster PA 17603

We strictly adhere to the confidentiality policy regarding your personal details as stated above. We do enjoy sharing minor details and photos through our business materials including, but not limited to, social media and brochures. Please initial giving your permission to share in this way. Of course, I will never share personal info such as your address, email, phone number, etc.

I give my permission for Lancaster Doulas, LLC to share my and my child's name and images through their website, brochures, social media, etc.

Initial Here: _____