

maria + jenevieve

birth services, doula team

DOULAS of BOULDER - Agreement Form

www.doulasofboulder.com || 2800 Folsom Street-Unit D; Boulder, CO 80304
720-924-2495 || voicemail/text (non-urgent)
303-201-1070 || pager (urgent)

What is a Birth Doula? As a doula, we accompany women and their partners in labor to support a safe and satisfying birth experience. We have both received extensive, specialized doula training and education through DONA-International, the leading doula certification program in the nation. Collectively, we have been attending and assisting with births for over 25 years, witnessing over 250 births.

We both draw on our extensive knowledge and experience to provide emotional support, physical comfort and advocacy to make sure that you have the information you need to make informed decisions as they arise 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 independent and self-employed. As your doula, we are working for you, not your caregiver or birth facility.

Choosing a birth doula. Birthing is a personal and intimate process. We look forward to meeting with you and your birth partner to become acquainted and see if we are the best fit for a satisfying birth experience. We can explore and discuss your priorities and any fears or concerns, and we can plan how we might best work together. At that time, we can discuss fees. This first, initial meeting lasts about 30 minutes and is free; it is to see if we make a good fit. It does not obligate you to use our services. A good match between the birthing team is essential for the birthing mother to feel comfortable, confident and have a satisfying birthing.

Prenatal meetings. If you select us as your doula team, then we explore together and become familiar with your birthing preferences. We want to know your own best ways of coping with intensity, your strengths, how you (and your birth partner) foresee working together and to talk about life after baby arrives. As part of the services, we prefer to meet with you and your birth partner for two prenatal meetings before the birth to establish a connection (typically in your home). You may want to schedule your first meeting around your 32-35th weeks. If you go past your estimated due date, we can offer a 3rd prenatal meeting. These meetings tend to last one and half to two hours in length. You may also remain in touch by telephone, texting or email, as needed.

When you are in labor. We prefer you call when you think you are in labor, even if you do not need immediate support. We can answer questions and make suggestions over the phone, although your primary health care provider is the medical authority. Together, we'll decide if one of us should come then or wait for further change. Typically we need approximately two hours to get to you from the time you ask for labor support (*depending on your location*). We will also decide where to meet (*your home, hospital, or birth center*). Except for extraordinary circumstances, one of us will remain with you through labor and birth.

After birth. One of us usually remain with you for at least one to three hours after birth, until you are comfortable and your family is ready for quiet time together. We can also help with initial breastfeeding, if necessary. We are available for phone contact to answer questions about the birth or your baby. The doula that attends your birth will meet together with you

within one to two weeks after your birth to see how you are doing (physically, emotionally, relationally, socially), review the birth, admire your work and your baby, and offer support in adjusting to your new family life. We can write up the birth timeline, upon request.

Some families deeply benefit by more than one post-natal follow up visit. If you would like a second or third post-natal/postpartum visit, we can provide them at \$35/hr.

We facilitate the free, weekly "Parents with Infants Group" at the Family Garden in Longmont, CO on Tuesday mornings. You are welcome to join us when you feel ready to venture out and still stay in touch and gather support from other parents with infants. Siblings who are mobile are welcome in the childcare room for a small fee.

Limitations. As a doula we:

- 1) do NOT perform clinical tasks (e.g. blood pressure, fetal heart checks, vaginal exams). We are there to provide only physical comfort, emotional support and advocacy.
- 2) do NOT make decisions for you. We can help you get the information needed to make an informed decision.
- 3) do NOT speak to the staff instead of you, regarding matters where decisions are made. We can discuss your concerns and suggest options.
- 4) do NOT provide counseling or psychological services through this agreement, even though we both are trained counselors.

We make every effort to provide birth doula services described here. Sometimes this is not possible (for example, with a rapid labor). We are available for the two weeks before & after your 'due date.' Outside of those four weeks, we will do our best to be available if possible or as soon as possible. If one of us is unable to attend, a back-up doula will be provided. If due to circumstances beyond anyone's control or failure to contact us, we will keep the payments.

Fees. *Deposit:* one non-refundable deposit payment for half of the total amount is due to hold your estimated due date. The deposit is a retainer and will hold your priority spot. We accept cash, check; credit card or debit cards are accepted with a 3% fee. Checks are made out to "Doulas of Boulder." *Remaining Fee:* the second half of the payment will be due by week 37 in your pregnancy. We do offer those who were delighted with the service and wish to pass along a gift, to contribute to a scholarship fund that allows for women who might not otherwise be able to afford a doula!

Beliefs... *We believe women deserve the support through out their pregnancy and birthing to create the birth she and her family deserve! We know from experience, education, and tradition, that a woman/partner who feels supported throughout their birthing process can create the memory of a satisfying birthing, as well as a create a loving bond with their new loved one(s) which lasts a lifetime!*

Agreed upon Total Fee: \$ Estimated Due Date: / /

Deposit Fee: \$ Date of Deposit Paid:

Remaining Fee: \$ Date Remaining to be Paid:

/ /

Printed Name of Client (Signature - Client) Date

/ /

Printed Name of Partner (Signature - Partner) Date

In lieu of my signature, I give my initials as my electronic signature:

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