



CONTRACT FOR SERVICES

What is a doula? As a doula, I support women in labor to help ensure a safe and satisfying birth experience. I have received education on the doula's role from a DONA-approved trainer. I draw on my knowledge and experience to give emotional support and physical comfort during labor. Prior to the birth, we will work together to make sure you have all the information you need to make informed decisions during your labor. I can provide reassurance and perspective to you and your partner, make suggestions for labor progress, and help you with relaxation, massage, positioning and other techniques for comfort. I am independent and self-employed. As your doula, I am working for you, not your caregiver or hospital.

Choosing a doula. I prefer to meet with you and your partner at least once before labor to become acquainted, to explore and discuss your priorities and any fears or concerns, and to plan how we might best work together. This meeting today does not obligate you to use my services, but if you do select me, then I will want to become familiar with your birth plan, including your preferences regarding management options and the use of pain medications. I like to have two (2) prenatal visits, if time permits, so that I can spend time getting to know you and anyone else who will be present at the birth. I also want to know your own best ways of coping with pain and fatigue and how you and your partner foresee working together. I will also inform you of times when I am unavailable for labor support. To cover those times, I will arrange at least one back-up doula whom you can also meet, if she's available. (In the event that I have planned unavailability, you will have a chance to meet my back-up before she is on-call for you. If I am planning on being available but am not due to a true emergency, then you may not get the chance to meet her prior to labor. If you are not comfortable with this, or do not want to work with my back-up after meeting her, you are more than welcome to arrange your own back-up doula.)

When you are in labor. I prefer that you call me when you think you are in labor, or when your water breaks, 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 about one hour from the time you call to meet you in the Birmingham metro area. We will also decide then where I will meet you--at your home, birth center or hospital. Except for extraordinary circumstances, I or my back-up will remain with you throughout the labor and birth. (I reserve the right to call in my back up, if needed, after 18 hours of continuous labor support. This will ensure that you have the best experience possible.)

After birth. I usually remain with you for one (1) to two (2) 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 by phone to answer any questions about the birth or your baby and will visit you within one (1) week to see how you are doing, review the birth, admire your baby and get feedback from you about my role.

What doulas do not do. As a doula I NOT:

*Perform clinical tasks such as blood pressure, fetal heart checks, vaginal exams and others. I am there to provide only physical comfort, emotional support and advocacy.

*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.

*Speak to the staff on your behalf. I will discuss your concerns with you and suggest options, but you or your partner will speak on your behalf to the clinical staff.

Rapid or emergency delivery. In the event of a rapid labor or emergency situation while you are laboring at home, I will call 911. In the event of an emergency delivery I will do what measures I am capable of to keep you and the baby safe and comfortable until EMS arrives. This will fall under The Good Samaritan Law.

Client's responsibilities.

- *Inform caregiver that a doula will be present.
- *Discuss your birth plan with me and request information you need to make an informed decision.
- *Let me know if you have any cultural or religious beliefs that she needs to be aware of.
- *During the two (2) weeks prior to your due date and until birth, I would like to be updated on your status, either by phone or e-mail, after you visit your midwife or OB. This is also a good opportunity for you to request more information or just discuss your thoughts as the arrival of your baby approaches!

Failure of a doula to provide services. I am available by e-mail at **smallwondersbham@yahoo.com** or by phone at **(205) 807 3967** from 9:00 a.m. until 10:00 p.m. if you need to contact me for any reason during your pregnancy. Starting two (2) weeks before your due date, _____, I will be on-call 24/7 until you give birth. In your case, I will be on-call beginning _____. Should you go into labor, or your water breaks, before I am on-call (before 38 weeks of pregnancy) and are admitted to the hospital, please still call me.

I will make every effort to provide the services described here. Sometimes this is impossible (for example, a rapid labor). If my failure to attend your birth is due to my error, there will be no charge for my services and I will refund the retaining fee. If it is due to circumstances beyond anyone's control, I will refund the final payment of \$150. If it is due to your failure to call me, I will keep the payment in full.

Fees

My fee for the services described here is \$300, to be paid as follows (unless other arrangements are made in advance):

\$100 as a retainer fee, due when you select me as your doula and sign this contract

\$100 due at 32 weeks of pregnancy*, in your case _____

\$100 due at 37 weeks of pregnancy, in your case _____

*If you contract my services after 32 weeks, then remaining amount of \$250 is due at 37 weeks.

Please make checks payable to: Heather Vildibill

My mailing address is:
270 Maple Leaf Trail
Sylvan Springs, AL 35118

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

Date _____

Client's Name _____

Client's Signature _____

Partner's Name _____

Partner's Signature _____

Doula's Signature _____