



Birth Doula Contract 2022

The Rosewater Doula LLC, Owner,
Emily McGregor CD(DONA), LCCE, CLC, SM

OVERVIEW

As your birth doula my goal is to provide continuous physical, emotional, and informational support to you during your birthing time. I intend to be there before, during, and shortly after childbirth to help you achieve the healthiest, most satisfying experience possible. As your doula, I am working for you as a private contractor.

SERVICES:

Package 1: The Rosewater

- 1-2 prenatal visit(s) around 1-1.5 hour each (2-3 hours total)
 - first meeting around 33 weeks
 - second meeting around 36 weeks on call 2 weeks prior to your due date up until labor and delivery.
 - third meeting typically if post dates 40-41+
- Attendance during labor and delivery.
- 1-5 hours support immediately following delivery.
- Postpartum check in a few days-2 week postpartum.
- 1-2 postpartum visits, with a focus on lactation support and counseling.
 - first meeting shortly after birth
 - second meeting three days after birth
 - third meeting 1 week after birth

Package 2: The Cultivation

- Private 6 hours childbirth education with student booklet
 - This can be broken up into sessions, of 2-3 hour classes, or 3-2 hour classes
- On call 2 weeks prior to your due date up until labor and delivery.
- Attendance during labor and delivery.
- 1-5 hours support immediately following delivery.
- 1-2 postpartum visits, with a focus on lactation support and counseling.
 - first meeting shortly after birth
 - second meeting three days after birth
 - third meeting 1 week after birth

Prenatal visits: I intend to provide information and education as needed. We will go over the '4 aspects of birth' the Physical, emotional, hormonal, and mental. "Your body, your baby, your birth." is a common, and powerful mantra doulas, including myself, work and live by.

When Labor Begins: My role is to help you have a satisfying birth as **you** define it. The more we explore this in advance, the better I will be able to fulfill this role. When you think labor has begun, **call me** and let me know. In the event that I miss the birth due to '**failure to call**' all charges are NON-REFUNDABLE.

*****After attempting to call me, if you do not hear back to me after 45 minutes, please go straight to calling my designated back up for you.*****

Active Labor: (contractions/pressure waves 4-5 minutes apart, lasting 1 minute, for about an hour). Once you ask me to come, I will generally be with you within **one hour and forty minutes**, if not sooner.

When you are in Labor: I can offer help and advice with comfort measures such as guiding your breathing, enhancing relaxation, encouraging movement, suggesting effective positions for labor, and doing basic massage and acupressure, I am not a certified massage therapist. I can assist with gathering information about the progress of labor to make sure you have the information needed to make informed decisions. My most critical role is providing continuous emotional reassurance and comfort.

After Birth: I intend to remain with you for 1-5 hours immediately after birth, until you are comfortable. I can also help with initial breastfeeding/feeding. My services also include 1-2 postpartum visits, usually within the 1-6 weeks after the birth. During this visit, I can provide breastfeeding support, baby care tips, referrals to community resources.

REFUNDS & BACKUP POLICY & 15 HOUR CLAUSE

No refunds will be made if using "sliding scale"

No back-up guaranteed if using a "sliding scale"

I do have **two**, back-up doulas, one will be assigned to your birth. Prior to birth, we can arrange a time where you can personally/virtually meet, if you desire. It is your responsibility to inform me this is something you want to do.

Covid-Clause, In the event that I or my back-up can not attend your birth in-person due to hazardous weather conditions, pandemic restrictions, or other "acts of god", I will then provide virtual doula support (to the best of my ability) and **20% of the total fee will be refunded.*

In the event of a precipitous birth, (under 4 hours of active labor) and I am not in attendance, **payment is due in full, additional postpartum services may be added. Up to 5 days, 2-3 hours a day.*

If I or my back-up miss your non-precipitous birth in the event that it was "failure on our end" post 1 hour 40 minutes grace for travel time. **50% of the entire fee will be refunded.*

In the event of a planned cesarean (I.E. breeched baby), **payment is due in full, additional postpartum services may be added. Up to 5 days, 2-3 hours a day.*

*In the event of an unplanned cesarean, the payment is **due in full**, regardless if I am permitted back in the Operating Room. If I have **not** spent time laboring in person or virtually with you, additional postpartum services may be added. Up to 5 days, 2-3 hours a day.

In the event that my “in person, hands on time” proceeds 15 hours, in which I am present for, I reserve the right to go home and rest. At this point you have **TWO** options:

1. You can proceed without a doula for a period of time, while I rest, if baby still has not been born I am happy to come back to your labor and delivery. (rest period typically around 2 hours)
2. OR call in my back-up doula. If you **DO** choose to have a back-up doula each hour will be an additional \$30.00. At this point, it is YOUR choice.

If I or my back-up miss the birth under the 15 hour clause—**payment is required in full.**

*After signing this contract at any point if you decide that you no longer wish to receive my doula services for any reason, you are legally bound to **pay the retainer fee of 50%** .

WHEN TO CALL

*It is your responsibility to inform me once labor has begun.

*It is your responsibility to ask me to come to your birth space when you are ready my support.

I am happy to come whenever YOU feel as though you are ready for additional support. This includes me meeting you at *HOME* and/or your *BIRTHING PLACE*. As soon as I arrive in either place, the 15 hour clause is in effect.

If you are experiencing any of these signs contact your care provider and then **CALL** me:

*Water breaking/leaking fluids.

*Frequent contractions (pressure waves) on a regular basis.

*4-1-1 or 5-1-1 (**4 minutes apart, lasting 1-2 minutes, for 1 hour**)

If you are experiencing any of these signs contact me:

*6 or more contractions off and on in one day.

*Lower back pressure.

*Losing your mucus plug/bloody show.

DOULA LIMITATIONS & SCOPE

***I do not** perform clinical tasks, such as blood pressure, fetal heart checks, vaginal exams, etc. I am there to provide only physical and emotional support and advocacy.

***I do not** make decisions for you. I will help you get the information you need to make your own informed decisions. I will also remind you if there is a departure from your Birth Plan, and will verify if this is, in fact, your own informed decision.

***I will not** speak to medical staff regarding matters where health care decisions are being made. I can however discuss your concerns with you and suggest options. I can support you in discussions with staff as your advocate, making sure you have the opportunity to discuss concerns, but you or your partner will speak on your behalf to the medical staff.

CONTRACTED SERVICES

I/We _____ am/are hiring **Emily McGregor CD(DONA), The Rosewater Doula LLC**

for Birth Doula services and agree to pay for doula services.

I Agree to all the terms and conditions stated in this contract:

Birth person (Print) _____ Sign _____ Date _____

Partner (Print) _____ Sign _____ Date _____

Due Date: _____

On-Call Period: immediately after signing contract

Package 1 (The Rosewater).....\$1,300

Package 2 (The Cultivation) \$1,500

Additional services:

Travel fee for out side of Kitsap County..... \$50

TOTAL \$ _____

50% of full fee Retainer due at **SIGNING** of contract.

****REMAINDER OF FEE DUE BY 36 weeks GESTATION****

Please make ALL checks out to **THE ROSEWATER DOULA LLC**

Mail to:

Emily McGregor
4412 NW Arriva Way
Silverdale WA
98383

Client Information

Partner's Name: _____

Birthing Person's Phone: _____

Due Date: _____ Planned Place of Birth: _____

Home Address: _____

Name of primary care provider/OB clinic _____ # _____

Name of photographer (if applicable) _____ # _____

Transportation clause: In the event that I am *required* to drive you to the hospital, I will be acting as Good Samaritan and will not be held liable for any event that should occur in the car: This includes car accidents, or birth related damage to vehicle. You will be financially responsible for any damages that occur to the car during transport relating to your birth.

If an emergency does occur during your transportation, I agree to pull over and call 911 and act as Good Samaritan until emergency services arrive.

In signing this Clause, you agree that I have discussed all the points herein and you understand and agree with them.

Client's Signature and Date

Emily McGregor Emily McGregor
Doula Signature

After signing this contract at any point if you decide that you no longer wish to receive my doula services, the 50% retainer will not be refunded. The remainder of the fee will be waived. This fee covers possible lost business for holding your estimated due date space.