



birthingmothers

# Birthing Mothers Labor Doula Contract

www.birthingmothers.com · (207) 331-4682 · 15 Knowlton St, Camden, ME 04843

**As your Doula**, I draw upon my knowledge and experience to provide emotional support, physical comfort, and facilitate communication with your healthcare provider to ensure you have the information needed to make informed decisions in labor. I can provide assurance and perspective to you and your partner, make suggestions for labor progress, and help with relaxation, massage, positioning, and other techniques. As a self-employed doula, I work for you, not your caregiver or hospital/birth center.

**Prenatally**, we will meet to discuss your priorities, explore your concerns, learn your personal coping coping skills, and discuss how you and your partner foresee working together.

**On-call period** Unless there has been prior discussion, I consider my on-call period for a birth to be from thirty-eight weeks until your birth. I will only take a client if I plan to be in town and available for this "on-call" period. If you go into birth *before* this on-call period, and as a result I am unable to attend your birth, you are still responsible to pay the agreed upon full cost of service and I will increase my postpartum visits from one to two within the first two postpartum weeks. From the time you sign the contract, I am available for phone and email consultations and encourage you to call with questions or updates. I work with local doulas that serve as back-ups so that if I am sick or a family emergency arises you can be assured of support.

**As your doula**, I do not perform clinical tasks such as blood pressure checks, fetal assessments, cervical exams, etc. I am present to provide education, care for your physical comfort, and offer emotional support. I will not make choices for you but will help you get the information you need to make your own informed decisions. I will discuss your concerns with you, suggest options, and will support you in discussions with staff.

**When you are in labor**, I prefer that you call me when you think you are in labor, even if you do not yet need me. I can answer questions and make suggestions over the phone. If you are planning a hospital birth, you will call me once you have arrived and we will discuss when I should join you. I will leave my home within one hour of your call and, except for extraordinary circumstances, will remain with you throughout your labor and birth.

I will make every effort to attend your birth. If my failure to attend your birth is due to my error there will be no charge for my services beyond the retaining fee, which covers the cost of prenatal visit(s), handouts and my availability. If my failure to attend your birth is due to your failure to call me, you will owe me the agreed upon full cost of service.

**Where you birth**. If your birth location changes *after* this contract has been signed, putting you at a greater distance from my home base in Camden, additional travel fees will be required and negotiated. If the distance to your new birth location makes it impossible for me to offer you an adequate level of support, by mutual agreement this contract can be terminated and I will keep the retaining fee, which covers the cost of any prenatal visit(s), handouts, and support rendered to that point.

**After birth**, I will remain with you for one to two hours, until you have eaten, are settled, and your family is ready for private time. I will follow up with a postpartum visit in your home within the first two weeks after birth. I am available for phone calls, texts, and e-mail to answer any questions you may have.

**My fee for these services** as described is \$1,200 for a birth within a 60 mile drive of Camden, Maine and \$1,500 for a birth further than 60 miles from Camden. A 50% retainer fee is due when you select me as your doula. The balance is due at our 38 week visit unless special arrangements are made in advance. Payment may be in the form of cash, personal check, or via PayPal or Venmo.

I/we have read this letter of agreement describing Leah Kohlstrom's services and agree it reflects the discussion we had with her.

Mother \_\_\_\_\_ Partner \_\_\_\_\_

Doula \_\_\_\_\_ Date \_\_\_\_\_

**Notes:**