

## **Doula Service Description & Agreement**

### **Birth Doula Responsibility:**

As a birth doula, I accompany women in labour to help ensure a safe and satisfying birth experience. I have completed training through DONA International and Lamaze International. As your doula, I will draw on my professional training, knowledge and experience to provide emotional support, physical comfort and, as needed, communication with the staff to make sure you have the information you need to make informed decisions as they arise in labour. We can provide reassurance and perspective to you and your partner, make suggestions for labour progress, and help with relaxation, massage, positioning and other techniques for comfort. As your doula, we are working for you, not your caregiver or hospital.

### **Limitations:**

As your Doula:

- \*I do not perform any medical or clinical care.
- \*I cannot make medical decisions for you.
- \*I will not speak to medical staff regarding matters where health care decisions are to be made.
- \*I will support you in discussions with staff, making sure you fully understand and have the opportunity to voice your concerns, questions and to understand medical decisions.

### **Back-up Doula:**

I work closely with several highly experienced doulas, who are fully capable of supporting you should I be unable to attend your labour and birth for any reason. I will provide you with the contact details of my back-up and will ensure that they have been fully briefed by me ahead of time. They will be provided with your contact information, a copy of your client registration form and your birth plan (if applicable). In the event of a prolonged labour, I may also call in my back-up to relieve me. If you would like to meet my backup doula, she can attend one of your prenatal appointments. Please note that a fee of \$50 is payable directly to the backup doula as a callout fee.

### **Before Labour:**

I will meet with you and your partner several times (see doula support details below) before labour to become acquainted, to explore and discuss your priorities and any fears or concerns, to discuss your birth plan and to plan how we might work best together. 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 labour support. To cover those times, I will arrange one or more qualified back-up doulas whom you may also meet.

### **On-call period:**

The on-call period for a birth is from two weeks before a due date to two weeks after the due date. During this period, I will be on-call for you; and will ensure that I can be reached at any time. In the rare instance where I may need to turn my phone off for some reason during an on-call period, I will try to check it at least every two hours for voice mail. If you think you might be in labour, please PHONE me – do not text me. It does not matter what time it is when you ring me.

### **When you are in Labour:**

I prefer that you call when you think you are in labour, even if you do not yet need me. I can answer questions and make suggestions over the phone. I usually need approximately one hour to get to you from the time you ask me to come. We will also decide where to meet - at your home or the hospital. Unless you experience a very long labour, I will remain with you throughout your labour and birth. In the event your labour is prolonged (in excess of 15+ hours), I may call in my back-up doula to take over, in order to ensure that you are well supported

throughout your labour and birth. If I need to call in my back-up doula, there is an additional charge of \$100, payable after the birth.

#### **Scheduled Caesarean Clause:**

Occasionally a woman will have something arise during her pregnancy that requires a scheduled Caesarean birth. If this decision is made two weeks or more before your due date, you may choose to cancel your services with no further payment owed (beyond the \$400 non-refundable fee). Alternatively, you may choose to have me come with you, or meet you at the hospital, accompany you during surgery or wait in the recovery room, and assist you in the first hours after your birth. An extra postpartum visit can also be scheduled at no further charge. In this instance the full fee will be payable.

#### **After the Birth:**

I will usually remain with you for one to two hours after birth, until you are comfortable, and your family is ready for quiet time together.

I am available to answer questions about the birth or your baby and would like to get together with you after you return home from the hospital and about a week later to see how you and the baby are doing, to review the birth, and to get feedback from you about the doula's role.

#### **Client Responsibility:**

It is your responsibility to notify me as early as possible when you feel labour has commenced or if your waters have broken. Failure to inform me may result in my delayed arrival. I will support you at home, transferring to hospital and the duration of the birth.

#### **Failure to Provide Service**

If I fail to attend your birth due to circumstances out of my control: (extremely rapid labour and birth, or your failure to notify me in sufficient time etc.) there will be no refund. I will, instead, provide agreed postnatal support to the amount of time, that being 15hrs at no additional charge.

**Mother's Name** \_\_\_\_\_ **Partner's Name** \_\_\_\_\_

**Address** \_\_\_\_\_

**Mobile (Mother)** \_\_\_\_\_ **Mobile (Partner)** \_\_\_\_\_

**Email (Mother)** \_\_\_\_\_

**Email (Partner)** \_\_\_\_\_

**Due Date** \_\_\_\_\_

#### **Doula Support Package**

- 2 x Prenatal visits
- Develop & write Birth Plan and learn skills toward a normal, low-intervention labour & birth
- Email & Phone Support - during my service to you
- On Call 2 weeks surrounding Due Date
- 24/7 contact from onset of labour – with you for the duration of your birth (up to 15hrs). If your labour extends beyond this, I may call in my backup doula to provide you with ongoing support (+ additional \$100 is required)
- 2 x Postnatal visits at Home (PLUS email/phone support to 6 months)
- \$1800

### **Method of payment**

- Cash
- EFT: Westpac Account name: Birthwell Birthright BSB: 033 009 A/C: 477 842  
(Important: Please use your surname when filling in the description box so I can easily identify you.)
- PayPal: [tanya@birthwellbirthright.com](mailto:tanya@birthwellbirthright.com)

50% Deposit \$\_\_\_\_\_ Installments \_\_\_\_\_ X \$\_\_\_\_\_ Balance Due @ 37 WEEKS \_\_\_\_\_  
(\$400.00 Non-Refundable if change of mind or cancellation of agreement)

**Full payment is to be made at 37 weeks \*with any additional charges payable within 30 days after the birth**

**We/I have read the above Service Description & Agreement; We/I agree that it reflects the discussion We/I have had with Tanya Strusberg. We/I do not hold our Doula, Tanya Strusberg, responsible for any unexpected clinical outcomes.**

**Client/s Signature/s** \_\_\_\_\_

**Doula Signature** \_\_\_\_\_