**What is a doula?**

As a birth doula, I accompany women in labor to help ensure a safe and satisfying birth experience. I have completed training approved by DONA International. I draw on my professional training, knowledge and experiences to provide physical, emotional, and educational support to women and partners. I 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. I am independent and self-employed. As your doula, I am working for you, not your caregiver or the facility where you birth.

**As a doula, I do not:**

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

*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* regarding matters where health care decisions are being made. I will discuss your concerns with you and suggest options, but you or your partner will speak directly to the clinical staff.

**Consultation** It is very important that you and your partner are comfortable with me and with my role in the birth. I expect to meet with clients 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. At that time, we can discuss fees. This initial meeting is free and does not obligate you to use my services. If you choose to select me as your doula, I will want to become more familiar with your plans for labor, birth, and postpartum. At the end of the consultation, I will provide you with this contract for you to review. I encourage you to take home the contract and review and make sure that I have answered all your questions. You may choose to elect me as a doula at any time, however, I will hold space in my calendar for your birth for 72 hours following our consultation.

**Prenatal meetings**

I prefer we arrange for 2 prenatal meeting (1-2 hours) before labor begins, preferably before 37 weeks in your pregnancy. Additional meetings may be arranged if necessary. This meeting gives us a chance to talk in detail about your preferences regarding your birth. If you have a Birth Plan, we will review it carefully. If you do not have a Birth Plan and would like to create one, I can assist with this. I will want to know your own personal ways of coping with pain, fatigue and difficult situations, and what internal resources we can draw upon to assist you with the birthing experience. I will want to know how you and your partner foresee working together, and the roles of others who may be attending the birth. We can discuss together what fears and concerns you have regarding the birth. We can review your preferences regarding the use of pain medications. 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. This contract will be signed at or before the first prenatal meeting. I will also inform you of times when I am unavailable for labor support. To cover those times, I will arrange one qualified back-up doula whom you may also meet. I generally accept 3 clients per month, so the likelihood of your birth overlapping with another client’s birth is small.

I am also available to answer any general questions by call, text or email, however, it is important to remember that medical questions should be reserved for your care provider.

**On Call Period:** I will block off my calendar and be on call for your birth three (3) weeks before your due date and Two (2) weeks following it. Once we enter the on-call period, I encourage clients to check in with me every few days to let me know how they’re doing. I consider my on-call period for a birth to be from 37-42 weeks of your pregnancy. During the on-call period, I am committing myself to be within 60 miles of your birth place at all times unless previously discussed with you and covered by a backup doula. In general, I am almost always in town anyway.

**When in Labor:**

When you believe that you are in labor, I prefer that you *Text Me* at 904-718-1808, even if you do not need me yet. If after 5 minutes I do not reply call me. After 2 attempts in a 15 minute time period, I ask that you call my husband at 904-314-4342. I can answer questions and make suggestions on the phone. We will make a decision if I will come to you then, or wait for further details. Even if you are unsure, an earlier call is better than a later call, and as a doula, I understand that the beginning stages of labor can look different in every woman. Once it is decided that it is time for me to meet you, I will remain with you throughout labor and birth.

**After Birth:**

I will stay with you for approximately 1-2 hours following the birth, and can assist with breastfeeding if desired.

My services include two postpartum visits: one at 2-3 days following birth and one 2 weeks after birth.

I can travel to your home and answer questions, review the birth and provide additional emotional support.

During my postpartum visits, I will not be assuming the role of a postpartum doula which can include caring for the baby, light housework, and meal preparation. If you are interested in having a postpartum doula, I can assist you in finding one to fulfill these needs.

**Failure of a doula to provide service**

I will make every effort to provide the services described here. If you have chosen to have a back -up doula, and I am unable to make it due unforeseeable events on my behalf (illness, death in the family, etc) the back up doula will provide services and attend ONE postpartum visit. If you decline to have a back up doula, your fees will be waived to you, including your security deposit.

If I miss your birth due to circumstances beyond anyone’s control (for example, extremely rapid labor), I will keep $200 but there will be no further charges. I will still attend a post-partum meeting with you.

If before 37 weeks you decide that you no longer want my doula services, your fee will be refunded in full, minus the deposit.

If you fail to call me for the birth, and/or decide after 37 weeks that you do not wish a doula, the full fee will be retained.

**Fees**  The total fee for these services is $950. I ask for a deposit of $200 (applied towards the total fee) and this contract filled out, as soon as you have chosen me as your doula. This secures your birth on my calendar. The remainder of the fee, $750 is due when you are 36 weeks pregnant. You may pay as a check or paypal directly to Courtney Hanson.

I have read and understand this contract, describing my doula services and agree to its terms.

Client’s Signature: Date:

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Partner’s Signature: Date:

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Courtney Hanson :

\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_Date \_\_\_\_\_\_\_\_\_\_\_

Contact Information and Location

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