

MAMA'S MILK AND MORE

TATIANA INDRISEK

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THE ROLE OF THE DOULA

The doula's role is to help us know our options, so that we can make informed decisions. She is there to provide physical and emotional support and does not perform medical procedures. She will meet with us one to two times prior to the birth and again one time after the birth.

OBLIGATIONS OF THE DOULA

The doula will be on call for us twenty-four hours a day beginning two weeks before the estimated due date and ending two weeks after. The doula will make every effort to make sure her schedule allows her to attend our birth. If, however, unforeseen circumstances arise that prevent our doula from attending our birth, her backup doula will attend. We can request a meeting with the backup doula at any time prior to the birth if so desired.

SERVICES PROVIDED

Our doula will provide us with information about writing a birth plan and the labor and birth process, as well as referrals to other community resources. She will be involved in the birth as much or as little as we want her to be. She will remain with us once active labor has begun until one or two hours after the baby is born. As a doula, she will utilize non-medical techniques to help with the labor process. She will strive to maintain a peaceful environment as much as the place of birth allows. She will provide on-going telephone support for two weeks after the birth covering breastfeeding and newborn care as needed. She will also provide an in-home post-partum visit one to two weeks after the birth.

CLIENT OBLIGATIONS

Our doula will provide us with information and resources about prepared childbirth. It is strongly suggested that a childbirth education class be taken. We will fill out the birth plan and prenatal questionnaire. *We understand that it is our responsibility to prepare for our birth and be clear about our desires so that our doula can be supportive and know what our goals are.* We will call our doula to let her know when labor begins. Our doula will provide early labor support as requested. It is our responsibility to call our doula and keep her updated as labor progresses, so that she has adequate time to make arrangements to be there. The fee for the doula is \$_____. To secure the doula I will pay a 50% deposit at the time of the prenatal visit. The other half of the payment is due within 3 weeks of my estimated due date. In the event we decide not to use the services of our doula, we will forfeit the deposit.

If the doula terminates services, she will return the deposit in full and give a referral list of other doulas to take her place. If she fails to attend the birth and a back up doula also does not attend the birth, the full fee is returned minus \$_____ for the prenatal visit(s). If she fails to attend our birth because of rapid labor or other unforeseen circumstances, she will keep the deposit. If she fails to attend because of failure to call she will keep the full fee.

Mother _____ **Date** _____
Father _____ **Date** _____
Doula _____ **Date** _____