



THE EARTH DOULA

Client Agreement. Birth Support

My role as a Doula.

My role is to be led by you, providing the support that you may need along the way. The kind of support I give is often emotional, practical and informational and will be offered unconditionally and without judgement. I am independent and self-employed. I am working for you and your family, not your caregiver or hospital. I can only act as a spokesperson for you (if this has been clearly stated in your birth plan).

I draw on my knowledge and experience to provide you with emotional support and physical comfort measures. If the need arises I can help you communicate with your midwife and medical care givers to ensure that you have all the information you need to make informed decisions during pregnancy, labour, bonding and early parenting. I can provide a continuous friendly face for you (and your partner), make suggestions for planning and preparing your birth and bonding environment and building rapport with your midwives and medical attendants.

I am able to make suggestions for labour progress, help with relaxation, positioning and other comfort measures. I can help safeguard your bonding period and am available for consultation after the baby is born. I do not come between you and your partner but rather support both of you. During labour my aim is to 'hold your space' so unless you request my physical support, my role is to 'be', not necessarily 'do'.

My role is not medical. I do not give medical advice nor do I perform clinical tasks.

How do I provide this service to you?

I prefer to meet with you and (if applicable) your partner twice before labour starts. The first meeting is usually used for getting to know each other, to explore and discuss your priorities, any fears or concerns, and to plan how we might best work together.

I will keep you informed of the times I am unavailable for consultation but you can call me 24 hours a day from 38 weeks of pregnancy (or sooner if you go into labour or if you are expecting twins or more).

I have two days a week which I dedicate to answering messages and concerns that may arise during pregnancy. These days are Mondays and Fridays and will be the absolute latest I respond to any queries you have. I like to book in 20 minute calls after your appts with midwives/consultants/sonographers...

During the second meeting we usually look at your birth preparation and I acquaint you with some of the comfort measures and coping mechanisms I have found helpful in the past. At this time we also discuss the birth partner toolkit. I would like to become familiar with your birth plan, including your preferences regarding management options and your views on pain relief.

How can I support you during birth?

It's useful if you could call me immediately (at any hour of the day or night!) when you believe that you may go into or are in labour. I need to know about bowel movements, shows and how you feel physically and emotionally. I also need to know about any sensations you may be feeling. ***you do not have to tell me any of this if you would rather not. Not knowing could impact my ability to determine whether or not I need to get to you soon, and in the event of not being called, you understand that I may miss your birth*.**

After assessing the situation over the phone we will decide together on the best course of action. Even if you plan to go into hospital I usually meet you at home first, unless the baby comes in a hurry or an

emergency situation has occurred. Please keep in mind that I may need 60 minutes to arrive locally. **If you live further away it may take 90 minutes.**

Except for circumstances out of my realm of influence, I will remain with you throughout labour, birth and bonding. If you transfer from home to hospital or within the hospital, I will do my very best to stay with you. I will do my best to safeguard those precious first minutes of physiological bonding after birth and can later support you with (breast) feeding if you would like some help. In the rare event I am with you for 24 hours, I will then need to leave to go home and sleep in order to provide the best service possible to you. This is incredibly rare and usually we will talk about this as we find ourselves in the situation.

What services can I provide?

- I am able to accompany you (and your partner) through the process of preparing for birth and support you during labour, birth and bonding.
- I can support you in the first weeks after birth and will visit for a total of 5 hours after birth.
- I can only act as a spokesperson for you (if this has been clearly stated in your birth plan).
- I can help with older children (if applicable) and help them be a part of your birthing experience if you wish.
- I can do light housework if wanted and needed.
- I can inflate and fill a birth pool, and watch that it remains at the right temperature.
- I can encourage you to drink and eat.
- I can suggest different positions and alternative pain relief techniques.
- I can take your partners place for them to rest.
- I can take photos (if wanted) on phones (or cameras if provided).
- I can help clear up after birth.
- I can support with the first breastfeeds.
- I can use rebozo techniques, TCM remedies, acupuncture, and massage.

My agreement.

- I will make every effort to provide the services listed above.
- I will protect your birth space.
- I will work with you to make your voice heard.
- I will make every effort to continue to be by your side in an unforeseen change in birth plan.

My fees.

£995 for pregnancy and postpartum support. £400 non refundable deposit.

This payment covers:

- 2 antenatal visits of 2 hours each.
- Birth pool hire.
- Phone, email, or text support antenatally.
- On call support from 2 weeks before your edd until 2 weeks after.
- Birth attendance within 2 hours of you deciding you need me, right up until around 2 hours after the birth if you wish me to stay. (If possible)
- 5 Hours postnatal visits which include breastfeeding support, babywearing support, and other services listed above.

Money is a necessary evil, we all need it and it can sometimes be tight. I do not want anyone who believes they would benefit from my support to feel the financial side is the only thing holding them back. So if you might struggle to make this payment, please talk to me and we can arrange affordable payment plans.

I/we have read this contract describing our doula's services and agree to it's content.

I _____ understand the agreement as outlined above and commit to this as The Earth Doula commits to this also.

DATE _____

NAME _____

SIGNATURE _____