

Contract/Letter of Agreement and Description of Doula Services

A doula is a trained non-medical professional who accompanies women (and their partners or support persons) in labor to help ensure a more satisfying birth experience. My goal is to provide emotional support, physical comfort, and to help you achieve the type of birth that you want. I provide reassurance and perspective, make suggestions for labor progress, and help with relaxation, massage, positioning, and other comfort measures.

Pre-natal

I will meet with you at least once before you go into labor to become acquainted, explore and establish your priorities, and discuss your concerns. We will plan how we might best work together and how I can help you achieve your goals. We will explore your own best ways of coping with the discomfort and fatigue of labor and how you and foresee working together. We might mutually decide on other meetings and will want to remain in touch by telephone, text, or email. I ask that you contact me with updates from your prenatal visits. I will inform you of the few possibilities of times when I am unavailable for labor support. To cover those times, I will arrange for a back-up doula.

When you are in labor

During daytime and early evening hours, it is preferable that you contact me when you think you might be in labor, even if you do not need me yet. I can answer questions, provide perspective, and make suggestions over the phone. Please reserve middle of the night calls for more urgent calls or when you need me to come. You should not hesitate to call at any time of day or night when you feel you need me to join you or if you are very concerned about something.

Travel

I will usually need approximately 90 minutes to get to you from the time you call me to come. If I am traveling more than 15km, it may take up to two hours if there is traffic. Except for extraordinary circumstances, I (or my backup) will remain with you throughout your labor and birth. I (or my backup) generally join you when you are transitioning from early labor to active labor. Contractions are about 5 minutes apart at this point and lasting about a minute or more. Many first timers believe that this is point that you are supposed to go to the hospital, but it is usually still fairly early in labor and the perfect time to have your doula join you at home to help. We will also assess other symptoms to determine where you are in your labor, because contraction frequency is only part of the overall picture. I do not provide transport to the hospital.

After the birth

I will remain with you for up to an hour after you have your baby. I am happy to help with initial breastfeeding whenever possible. I offer an optional postpartum meeting at no additional charge to see how you and the baby are doing, help with breastfeeding, and to review the birth. It is your responsibility to contact me to make this appointment. Please understand that postpartum visits must be delayed if I need to attend a birth.

As a doula, I (or my backup) do NOT:

- Perform or interpret medical services of any kind such as testing or treatments, blood pressure, fetal heart checks, or vaginal exams. Doulas provide only physical comfort measures, emotional support, and advocacy on a non-medical basis.

- Give medical advice of any kind.
- Make decisions for you. Doula's help you get the information necessary to make an informed decision.
- Speak to any of your health care providers instead of you regarding matters where decisions are being made. Doula's discuss your concerns with you and may suggest options, but you will speak on your own behalf to your health care providers.
- Drive clients to or from hospital. You are *required* to have a car seat for departure before whether you are using a vehicle or not.

C-sections

I am glad to attend c-sections and provide support through that process as long as the hospital will allow it. If you are having a scheduled c-section and your hospital will not allow me to be present for the surgery, I will provide 2 hours of pre-surgery support and 6 hours of postpartum care to make up for lost support time along with the standard post partum visit for a total 8 hours support. You are free to use this any time whether it is in the hospital either on the day of surgery or in the postpartum unit , or later in your home. You may also opt for me to serve as support for your birth partner during this time. This only applies to scheduled c-sections where there has been no labor support prior to surgery.

Fees

I will be on call for your birth for two weeks before and two weeks after your estimated due date. A fee of \$1100 for the Standard Package is charged. A non-refundable deposit of 50% of the fee is due along with a signed contract to reserve my services. The remaining 50% is due no later than 4 weeks prior to your due date. If your fees are not paid, I am not obligated to attend your birth. These fees are non-refundable unless there is some unforeseeable emergency on my part that prevents me (or my backup) from attending the birth. If I am not called to attend, or not given adequate notice to attend, I will not provide a refund. This includes precipitous labors.

Discounts

There is no tax on services paid for in cash in full upon signing. Reduced cost services are provided to people under the age of 19, please inquire directly.

Privacy

I consider your privacy to be a very high priority. The only people I share your information with are my backup team. I only share your general information and any pertinent details in the event that I will need them to attend your birth. It is important that they have this information to best support you and understand your specific needs.

Disclosure of Communicable Diseases

You agree to disclose any communicable diseases that you have so that I (or my backup) can take proper precautions to protect myself from exposure.

Waiver of Liability

As a condition of my performance of services under this agreement, you agree, on your own behalf and on behalf of any other individuals you represent or bind under Canadian law, to waive and hereby do waive any rights, claims, or causes of action that you may have against me, my backup doula, or any affiliated persons, both now and in the future, with respect to your pregnancy, birth, postpartum period, or any services I (or my backup) may provide or fail to provide to you.

You expressly understand and acknowledge that as doulas, we are not medical professionals, and that we do not and will not provide medical care, advice, or diagnosis. Any decisions regarding medical care should be made in consultation with your healthcare provider.

I/We have read this contract describing the doula's services and agree that it accurately reflects our agreement.

Emma Conroy – Doula/Date

Birth Person / Date

Partner / Date

*Please sign and send back BOTH pages along with your completed history and information sheet and deposit.

Payment: We accept payment in the form of cash or e-transfer: harbourdoula@gmail.com