



SANDY TUFTS

CERTIFIED BIRTH DOULA

Sandy Tufts, CD(DONA), CLC, PES(PBi), MSW

Doula / Client Contract for Services

My Role as a Doula

As a birth doula, I accompany you, my client, in labor to help achieve a satisfying birth experience and help you give birth in a manner you desire. I draw upon my knowledge and experience to provide emotional support and physical comfort to women and partners. I assist you in gaining information needed to make informed decisions throughout your birth. I will maintain complete confidentiality of all details concerning your pregnancy and birth. 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 for your health care professional, hospital or birth site.

Additionally, as a CLC (Certified Lactation Counselor) I can provide prenatal AND postpartum lactation education and support.

Choosing a Doula

An initial interview is scheduled. I will meet with you and your partner to become acquainted and answer questions. This meeting will give us an opportunity to discover if we are a good match for one another. It is important that both you *and* your partner feel comfortable with me, as well as my role in the birth. This meeting is free of charge and does not obligate you to utilize my services as a doula.

If at this meeting, you decide that our interaction doesn't feel quite right to you, I encourage you to say so, no offense taken. I will happily refer you to another doula, with whom you may develop a better rapport. After all, this is your birth and you must feel extremely comfortable with your doula to gain the wonderful benefits we can offer.

At the interview, two copies of my contract will be left with you, the client. If you decide to retain my services, I request that you mail a deposit of **\$400** (check payable to Sandy Tufts), along with one signed copy of the contract to me (the second contract you keep). Once I receive your deposit, we will schedule our prenatal meetings.

Before Labor

If you select me as your doula, we will have at least 2 prenatal meetings to review your birth plan or assist you in completing one, and give us a chance to talk in detail about your preferences regarding your birth. We can explore and discuss your priorities, fears, and concerns as well as plan how we might best work together. We can discuss your knowledge of the birth process, and I can provide information and education as needed. I will want to know your own personal ways of coping with pain and fatigue in 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'll discuss what fears and concerns you have regarding the birth. We can review your preferences regarding the use of pain management. 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. We may also decide on other meetings and I will be available for telephone/email support before labor begins. Two weeks before your estimated due date is when I officially begin the on-call period for your labor/birth. I will have my cell phone with me at all times and you may call my home or cell anytime day or night.

Backup Doula

If you wish, I will secure a backup doula, in the unlikely event that I am unable to attend your birth or if I am at another birth. This situation is rare.

Responsibilities of Client and Client's Partner

You agree to inform your doctor/midwife that you have hired a doula. You also agree to keep in contact with me after each doctor/midwife visit (phone or email is fine) to keep me informed of your medical condition. You agree to provide me with a copy of your birth plan.

When Labor Begins

I prefer that you call me when you think you are in labor, even if you do not yet need me. I can answer questions and make suggestions over the phone. We will decide at this time whether I should come to your home right then or wait for further change. I will need between 2 and 3 hours to meet you in labor once you request my presence. (Although, often times I am able to arrive before that). We will decide where to meet – at your home or place of birth.

Throughout Labor

Except under extraordinary circumstances, I (or my backup) will remain with you throughout your labor and birth, providing comfort measures, reassurance and doing everything reasonably possible to help you achieve the birth you desire. I will offer help and advice with comfort measures such as guiding your breathing, enhancing relaxation, encouraging movement and urination at least once an hour, suggesting effective positions for labor, keeping hydrated and doing massage. I will assist in gathering information about the progress of your labor to make sure you have the information you need to make informed decisions about your birth. I can also serve as an advocate for your needs with the medical staff. Emotional support: My most critical role is providing continuous emotional reassurance and comfort. In the event of a cesarean section, I will make every effort to be present in the O.R. although, the hospital staff makes the final decision.

Also, if desired, I am happy to take photographs during your labor and birth.

After Birth and Postpartum Support

I will remain with you for 1-2 hours after the birth, until you are comfortable and ready to enjoy quiet time with your family—unless you are already comfortable and prefer me to leave earlier. I can also help with initial breastfeeding, if you like. During the postpartum period, I am available by phone/email to answer questions about the birth and how you are feeling.

My services include 1-3 postpartum visits (as needed) taking place shortly upon hospital discharge and within the first week and beyond. This is to provide lactation support mainly (if you are breastfeeding), but also to review your birth experience, see how you are doing, admire your baby and get feedback from you about my

role. I can answer questions or concerns about yourself or your baby and provide referrals for additional support if necessary.

At the postpartum visit I will provide you with a written time-line of the labor/birth and an album containing your photos, to help preserve the memory of your special day.

As a Doula I Do NOT

- Make decisions for you. I will help you get information necessary to make informed decisions.
- Speak to medical staff on your behalf. I will discuss your concerns with you and suggest options, but you or your partner will be responsible for speaking on your behalf to medical staff.
- Conduct medical procedures such as, vaginal exams, blood pressure or fetal heart checks.
- Transport you to or from the birth site. I follow you in my car and meet you at the site.

Fees

My fee for services as described above is **\$900**. As stated above, a deposit of **\$400** is due upon signing this contract and selecting me as your doula. The remainder of the fee (**\$500**) is to be by 38 weeks gestation (which is the beginning of my on-call period).

Failure To Provide Doula Services

I will make every effort to provide the services described here. If I am unable to attend your birth due to an overlapping delivery, illness or family emergency, then I will send my back-up doula (if previously requested by you). If I am unable to attend your birth due to the above reasons and you did not previously request the use of my back-up doula, then the deposit will be kept, but there will be no further charges. If I am unable to attend your birth due to circumstances beyond my control (very rapid labor and birth, restrictions by medical staff, an "Act of God", or if you do not call me, then the deposit will be kept and the remainder of the fee is to be paid.

NOTE: This also applies to very quick births. Especially if this is not your first baby-please be aware that sometimes subsequent births are rapid. But the same fee applies, as I have cleared my schedule to be on-call for doula support and also, perhaps, turned other clients away. The \$900 fee applies to every birth.

Terminating Services

You have the right to terminate services at any time. However, once your deposit has been received, it is non-refundable if the prenatal visit (s) have been completed. If you wish to terminate services before the 1st prenatal visit has occurred, your deposit will be completely refunded.

Cesarean Section Policy

If, during your pregnancy, a condition develops that requires you to have a scheduled cesarean section, the total fee for doula services will be **\$450**. If a condition develops **during labor** that requires a cesarean section, the original fee of **\$900** will apply.

Release from Liability

In entering a contract for doula services, you acknowledge that during the performance period of this contract, services may be provided to you in your home, traveling to a medical facility and in a hospital or birth center. You understand that I have a limited role pursuant to the descriptions of tasks outlined in the above-referenced contract, wherever services are provided to you. I have not represented to you that contracting for my services, guarantees in any way a risk-free, emergency-free labor and birth experience. You understand that I do not make medical or nursing decisions on your behalf, including the decision when to seek medical care at a hospital or when labor support services are provided in your home. When services are provided in a medical facility, you acknowledge that I am not responsible for the performance of clinical tasks including medical or nursing decisions regarding the inclusion or exclusion of treatments available to you and your baby. In consideration of the above acknowledgements, you (both jointly and separately) on behalf of yourself, your heirs, administrators, personal representatives, executors and assigns to release and forever discharge me from all damages or causes

of action, either law or in equity, which you have or acquire or which may accrue to you, your heirs, administrators, personal representatives, executors and assigns as a result of using my doula services, you intend this to be a complete release and discharge me from all liability whatsoever.

The client understands and agrees that Sandy Tufts is not and does not give or provide medical diagnosis, advice or treatment. The client further understands it is her/their responsibility to seek and obtain medical advice from an appropriate medical practitioner. The services to be provided consist solely of labor support. Client agrees to and accepts the terms and conditions set by this agreement.

Client's Signature _____ Partner's Signature _____

Doula's Signature _____ Date _____

Please mail one copy of this contract, signed to:

*Sandy Tufts
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Eliot, Maine 03903*

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207-475-5963 (cell)
sandytufts@gmail.com