

THE PREPARED BIRTH

SERVICE AGREEMENT

This Service Agreement ("Agreement") is entered into between The Prepared Birth ("Provider") and the client ("Client") for the provision of childbirth education and consultation services.

1. SERVICES OFFERED

The Prepared Birth provides education-based, non-medical birth preparation and consultation services. The Provider offers the following service packages:

Birth Clarity Session

Fee: \$350

A private 90-minute conversation to help you feel grounded, oriented, and clear about your next steps in birth:

- What to realistically expect in your specific care setting
- Questions arising in and around prenatal visits and how to think them through
- Options you're weighing, interventions, and explanations surrounding these
- Your birth priorities, preferences and where flexibility matters most
- Early postpartum and feeding considerations, so fewer things feel unexpected

If you're feeling overwhelmed by information, unsure how to interpret recommendation, or sensing that "just taking another class" isn't what you need - this session is designed to slow everything down.

Investment is \$350. Further support is offered only if it feels appropriate and aligned. Pricing for ongoing work is shared after the session, once scope and fit are clear.

Guided Birth Education

Fee: \$1,250

Focused prenatal preparation ideal for families seeking steady guidance tailored based on their new circumstances. Typically not newcomers.

Package includes:

- Two one-on-one prenatal education sessions, paced for understanding
- Private childbirth education (4 hours total), divided across the two sessions and tailored to the planned birth setting
- Support with decision-making and collaborative birth planning
- Clear orientation to common hospital and birth-center care pathways
- Defined consulting access between sessions, with clear boundaries
- Support in understanding provider recommendations and common clinical thresholds
- Tools for asking questions and discussing options without creating tension
- Clarifying timelines, explaining common interventions, as well as alternatives before decisions become time-sensitive
- Practical frameworks for shared decision-making during prenatal visits and labor
- General postpartum preparation (1.5 hrs; addressing recovery and early adjustment)

Individualized prenatal preparation and private childbirth education for families who want steady, thoughtful guidance as pregnancy unfolds. This work is especially supportive for those navigating changing circumstances and seeking clarity - without information overload.

Birth & Early Postpartum Guidance

Fee: \$1,850

Prenatal preparation plus early postpartum support. Most popular for first-time families. Continuous guidance across pregnancy and into early postpartum. This is not event-based care - it is steady, relationship-based support that begins in pregnancy and continues as you settle into life with your

newborn.

Package includes:

- Ongoing prenatal preparation across the full pregnancy
- Private childbirth education (4 hours total), divided across the two sessions and tailored to your planned birth setting
- Decision-making support and collaborative birth planning
- Orientation to early postpartum guidance focused on recovery and settling in
- Feeding support (breast, bottle, or combination)
- Support around early newborn rhythm and emotional adjustment
- Defined consulting access throughout pregnancy and early postpartum
- 4 (1hr) postpartum check-ins within the first 6 weeks after birth
- Session Formats: Virtual, In person at The Birthing Inn, Over the Phone

Important: Postpartum support is virtual only and time-limited. This package does not include birth attendance or on-call support.

2. SCOPE OF SERVICES

The Prepared Birth provides education and consultative birth preparation services only. Services are non-medical and do not include diagnosis, treatment, or clinical care.

Services explicitly DO NOT include:

- Medical diagnosis, treatment, or clinical care
- Birth attendance or presence during labor and delivery
- On-call support or emergency services
- In-home postpartum care
- Replacement of care from licensed medical providers or midwives

These services do not replace care from a licensed medical provider or midwife. Clients are expected to maintain regular prenatal care with qualified medical professionals throughout their pregnancy.

3. PROVIDER QUALIFICATIONS

Provider is a trained childbirth educator offering evidence-based education and consultative support. Provider is not a licensed medical professional, midwife, doula, or mental health counselor. All services provided are educational in nature.

4. INFORMED CONSENT AND CLIENT ACKNOWLEDGMENT

By entering into this Agreement, Client acknowledges and agrees to the following:

- Client understands that Provider's services are educational and consultative only, and do not constitute medical advice, diagnosis, or treatment
- Client will maintain regular prenatal care with a licensed medical provider or midwife throughout pregnancy
- Client understands that all medical decisions remain the sole responsibility of Client and Client's healthcare providers
- Client will seek immediate medical attention for any urgent health concerns and will not rely on Provider for emergency care
- Client understands the distinction between educational support and medical care, doula services, or mental health counseling

5. COMMUNICATION PROTOCOLS

For packages that include consulting access between sessions, the following protocols apply:

- Questions may be submitted via email or text message during business hours

- Provider will respond to non-urgent inquiries within 2 business days
- Consulting access is for brief questions and clarifications, not extended consultations
- Complex topics requiring extended discussion will be addressed in scheduled sessions
- Provider does not provide on-call, emergency, or after-hours support

6. SCHEDULING AND AVAILABILITY

Sessions are scheduled by mutual agreement between Provider and Client. After confirming fit, Client will receive a private scheduling link.

Session Availability:

- In-person: Select Tuesdays at The Birthing Inn in Tacoma
- Virtual: Available by appointment outside clinic hours

Available Hours:

Tuesdays:

- 1st Tuesday: 9am–4pm
- 2nd Tuesday: 9am–5pm
- 3rd Tuesday: 9am–5pm
- 4th Tuesday: 9am–7pm

Thursdays:

- 2nd Thursday: 9am–1pm
- 3rd Thursday: 9am–1pm

7. CANCELLATION AND RESCHEDULING POLICY

Sessions may be cancelled or rescheduled with at least 48 hours notice. Cancellations made with less than 48 hours notice may result in forfeiture of the session fee.

In the event of emergencies or unforeseen circumstances, Provider will work with Client to find a reasonable solution.

8. PAYMENT TERMS AND REFUND POLICY

Payment for the Birth Clarity Session is due at the time of booking. Payment for packages is due prior to the first session unless alternative arrangements have been agreed upon in writing.

The Provider does not accept insurance. All fees are the responsibility of the Client.

Refund Policy:

- Birth Clarity Session: Non-refundable once completed. If cancelled by Client with 48+ hours notice before the scheduled session, a full refund will be issued.
- Packages: If Client cancels before the first session with 48+ hours notice, a full refund minus the Birth Clarity Session fee (\$350) will be issued. After the first session has occurred, fees are non-refundable but unused sessions may be rescheduled within the service period.
- If Provider must cancel or cannot fulfill services, Client will receive a prorated refund for uncompleted sessions.

9. TERMINATION OF SERVICES

Either party may terminate this Agreement with written notice. In the event of termination:

- Client will be charged only for sessions completed prior to termination
- Refunds for prepaid but uncompleted sessions will be issued on a prorated basis
- The Birth Clarity Session fee is non-refundable in all termination scenarios

Provider reserves the right to terminate services immediately if Client engages in harassment, threatens Provider's safety, or repeatedly violates the terms of this Agreement. No refund will be issued in cases of termination due to Client misconduct.

10. FORCE MAJEURE

Neither party shall be liable for failure to perform obligations under this Agreement when such failure is due to circumstances beyond their reasonable control, including but not limited to: acts of God, natural disasters, illness, family emergencies, government orders, or public health emergencies. In such cases, Provider will work with Client to reschedule sessions or provide prorated refunds as appropriate.

11. CONFIDENTIALITY

Provider will maintain confidentiality of all personal information shared by Client during sessions, except where disclosure is required by law or where Client has provided written consent.

12. LIMITATION OF LIABILITY

Client acknowledges that the services provided by The Prepared Birth are educational and consultative in nature and do not constitute medical advice or care. Client agrees to consult with qualified medical professionals for all health-related decisions.

Provider shall not be held liable for any outcomes related to Client's pregnancy, labor, birth, or postpartum period. Client assumes full responsibility for all medical decisions and outcomes.

In no event shall Provider's liability exceed the total amount paid by Client for services under this Agreement.

13. DISPUTE RESOLUTION

In the event of any dispute arising from this Agreement, the parties agree to first attempt to resolve the matter through good-faith negotiation. If negotiation is unsuccessful, the parties agree to participate in mediation before pursuing legal action.

Any legal action arising from this Agreement shall be filed in the state courts of Pierce County, Washington, and both parties consent to the jurisdiction of such courts.

14. GOVERNING LAW

This Agreement shall be governed by and construed in accordance with the laws of the State of Washington, without regard to its conflict of law provisions.

15. ASSIGNMENT

This Agreement is personal to both parties. Client may not assign or transfer this Agreement or any rights hereunder without the prior written consent of Provider. Provider may not assign this Agreement without written notice to Client, except in the case of business succession or sale.

16. SEVERABILITY

If any provision of this Agreement is found to be invalid, illegal, or unenforceable, the remaining provisions shall continue in full force and effect. The invalid provision shall be modified to the minimum extent necessary to make it valid and enforceable.

17. GUIDING PRINCIPLES

Respect, choice, and consent guide how Provider teaches and supports families. Client's autonomy and decision-making capacity are honored throughout all interactions.

18. ENTIRE AGREEMENT AND MODIFICATIONS

This Agreement constitutes the entire agreement between Provider and Client and supersedes any prior understandings or agreements, whether oral or written. Any modifications to this Agreement must be made in writing and signed by both parties. No verbal agreements or modifications shall be binding.

ACKNOWLEDGMENT AND SIGNATURE

By signing below, Client acknowledges that they have read, understood, and agree to the terms and conditions outlined in this Service Agreement, including the limitations of services, refund policy, and acknowledgment that services are educational and non-medical in nature.

Client Name (Print) Date

Client Signature Date

Provider Acknowledgment:

Provider Signature Date

The Prepared Birth • Tacoma, Washington
Education-Based, Non-Medical Birth Preparation Services