A DOULA CHICK

Shelia Kandeler, Birth Doula

Doula/Client Contract

My Role as your Doula

As a birth doula, I will provide prenatal support and information as needed and will accompany you in labor to help ensure a safe and satisfying birth experience. I draw on my knowledge and experience as a doula and mother to provide physical, emotional, and educational support. During labor, I can help you stay informed and ask key questions so you are able to make decisions and advocate for yourself. I can also remind you if there is a departure from your Birth Plan. I can provide reassurance and perspective to you and your partner (if present), make suggestions for labor progression, and help with relaxation, massage, positioning and other techniques for comfort. As your doula, I am working for you, not your caregiver or the hospital. I am independent and self-employed.

Doula Role Limitations

As a birth doula I do not perform clinical tasks, such as blood pressure, fetal heart checks, or vaginal exams. I will not make decisions for you or speak to the staff instead of you regarding matters where decisions are made. I will not prescribe, diagnose or treat any medical problems that may arise and will not be liable for interpreting diagnostic procedures. This is the role of your provider. Information I provide should not be used as a substitute for medical advice and services from a qualified health care provider. You should seek the advice of your physician or other qualified health care provider for any questions regarding a medical condition and prior to starting any new treatment. In the event of a rapid labor or emergency situation, I will call 911. In the event of an emergency delivery I will do what measures I am capable of to try and keep you and the baby safe and comfortable until EMS arrives. This will fall under The Good Samaritan Law.

Fees & Services

My full birth doula fee is $\_\_\_\_\_\_\_\_, which is paid in two parts. If and when you choose me as your birth doula, I request a $\_\_\_\_\_\_ retainer payment to ensure our commitment as doula and client and to cover the cost of handouts, prenatal visits, and my “on call” availability. Once a contract has been signed and my services retained, we will have two prenatal visits to establish a relationship and discuss your preferences for the birth. We can talk about your expectations, go over your birth plan, explore coping techniques for labor, and discuss any concerns about your upcoming birth. The remainder of my fee, $\_\_\_\_\_\_\_\_, is due at the second prenatal visit or by your 36th week of pregnancy. Using phone calls and email, we will stay in touch until your birth.

I prefer you call me when you first think you are in labor, even if you do not yet need me. This allows me to get organized and arrange childcare. I need approximately one hour to get to you from the time you ask me to come. I will stay with you throughout labor and birth and one to three hours postpartum. I can photograph your labor and birth as desired and as I am free to do so. After the birth, I can help with initial breastfeeding, if necessary, and answer questions you might have.

A few days after the birth, I will come for a brief postpartum visit to offer breastfeeding support, referrals, and to address any initial postpartum concerns. I would then like to meet within three weeks to see how you are doing, to review the birth, get feedback about my role, and to admire your baby. I will also share with you a birth story based on notes that I keep during the birth. While this will end our professional doula/client relationship, I welcome notes and photos of your growing baby and family.

Backup Provisions

While I will make every effort to provide the services described here, there may be times when that becomes impossible. I can arrange with other doulas for back up, and I will inform you as soon as possible of any potential reasons that I could not attend your birth, such as illness, family emergency, or another client’s birth. You may wish to select a back-up from other doulas you have interviewed, or you may use the back up doula with whom I regularly work. A meeting with my backup doula may be arranged. There may be a small fee, which I will disclose, if I need to compensate her for her time.

* If I cannot attend your birth or if I arrive late due to my being at another client’s birth and you use the backup doula I’ve arranged with you, I will compensate her from the fees you’ve paid to me. I will also try to attend the postpartum follow up visit.
* If you choose to use your own backup doula in the event I cannot attend your birth, I will refund half of my full doula fee. I will also try to attend the postpartum follow up visit.
* If no arrangements for a backup doula have been made, and I cannot attend your birth due to my error, I will refund 2/3 of the full doula fee.
* If I do not attend your birth due to circumstances beyond anyone’s control such as a rapid labor, or other emergency, or I’m at another birth and you choose not to use my backup doula, I will refund ½ the full doula fee. I will also visit and give support at a postpartum meeting if you would like.
* If I do not attend your birth because you do not contact me, I will retain the full birth doula fee.
* If you deliver via cesarean birth, unexpected or planned, no portion of the fee will be refunded unless you decline my services prior to the 36th week of pregnancy, in which case only the retainer fee will be paid. Prenatal visits will still be provided. Assistance preparing a cesarean birth plan will be offered as will emotional and mental preparation for the surgery. I will attend the cesarean birth with you and your partner, depending on hospital policy. Immediate postpartum services will be provided as will postpartum visits.

Contact Information

I will be on call for you 24 hours a day starting 2 weeks prior to your due date, and I will remain available via cell phone. Please try my cell phone first and then call my home phone, and as a last resort call my husband.

Shelia Kandeler 5008 162nd Ave. NE, Redmond WA 98052

Business ID# 603-143-147

[Shelia@adoulachick.com](mailto:Shelia@adoulachick.com)

\*\*\*425-922-7229 mobile (first call)

425-895-9628 home

425-922-2026 husband, JJ (last call)

CONTRACT

$\_\_\_\_\_\_\_ Retainer fee due before or at first prenatal meeting \_\_\_\_\_\_\_\_\_

$\_\_\_\_\_\_\_ Birth fee due at 2nd prenatal meeting or by 36th week \_\_\_\_\_\_\_\_\_

Please make checks payable to Doula Chick

We, the undersigned, state that we have read and understand this doula contract and that it reflects the discussion we had with Shelia about her services.

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| Doula Signature | Date |

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