



RED BLOSSOM WELLNESS

Birth and Postpartum Doula, Fitness, and Massage Services

General Definition of a Doula

- ❖ A doula accompanies a woman in labor to help ensure a satisfying birth experience by providing physical, emotional, and educational support.
- ❖ A doula works for you, not for your care provider or the hospital.
- ❖ A doula does not perform clinical tasks such as fetal heart rate monitoring.
- ❖ A doula will help us make decisions by providing information and support, but will not make decisions for us.

Responsibilities of your Doula

- ❖ I will be on call for us 24 hours a day beginning 2 weeks before the estimated due date (EDD) and ending two weeks after the birth of our child. This means that I will carry my cell phone with me at all times, and will not leave the Oahu area unless it is an emergency or an event disclosed at the time of this contract signing.
- ❖ I will provide three prenatal preparation sessions in your home or other meeting place of your choose, where we will topics including but not limited to: help designing a birth plan, discussion of choices in childbirth, comfort measures and coping methods, risks/benefits of various choices and procedures, and discussion of postpartum adjustment and expectations.
- ❖ I will provide continuous labor support from the time we ask her to come until after the baby is born. She will come to our house to provide support, or meet us at the hospital, depending on our preference. Our doula will not leave unless we ask her to, and even then will be available by phone. In the event labor exceeds 24 hours, Your doula may call in a back-up doula to care for you while she takes a nap. You have the option of meeting this back-up doula in advance if we desire.
- ❖ I will provide one postpartum visit to discuss the birth, answer any questions you might have, and provide breastfeeding support, scheduled at your convenience in hospital or at your home within three days of the birth.

Our Responsibilities as Clients

- ❖ ___ We will participate in childbirth preparation classes of our choice (1st baby or VBAC only) (Optional but highly recommended).
- ❖ ___ We will tour our birth facility if we have not used it before, and if we have, we will familiarize ourselves with any changes in layout or policies that have taken place since our last birth there.
- ❖ ___ We will email our doula after each prenatal appointment or test to keep her informed about our pregnancy.
- ❖ ___ We will contact our doula as soon as we think we might be in labor to keep her informed, even if we do not need support yet.
- ❖ ___ We will contact our doula when we feel we need her, and understand that it may take an hour or so for her to reach us.
- ❖ ___ We will discuss our preferences with our doula, and clearly state our choices to her. She will support any choices we make.
- ❖ ___ This is our birth. While everything our doula does is aimed at helping us have the birth of our dreams, that can happen only if we understand all our options, ask questions, and state our choices/preferences both to her and to our health care providers.

Fees for Services

- ❖ The fee for services is \$____. A deposit of \$____ is due when the contract is signed. The balance of \$____ is due two weeks before the due date, after which time our doula will be on call. An additional fee of \$____ is due for travel to locations outside the Honolulu area (home or hospital). Additional services such as massages, Pilates and any fitness services will be billed separately. Fees must be paid as outlined above unless other arrangements are made in advance. The deposit is non-refundable. In the event that Stephanie (or the back up doula) misses your birth due to her error, \$____ of the fee is refundable. If our doula (or the back up) misses the birth due to your error or actions, the entire fee is non-refundable.
- ❖ At the time of the deposit and signing of contracts, I set aside your on-call time:
_____.
- ❖ Dates of unavailability disclosed at contract signing:
_____.

_____/_____/_____
Client Date

_____/_____/_____
Husband/Partner Date

_____/_____/_____
Doula Date