

# Childbirth Doula Contract

## Overview of Childbirth Doula (Siena Ann Vaccara, EdM, M.A, LMHC)'s Services & Fees:

Total Service Cost: \$1,550.00 (Due At The Time of Your Prenatal Visit)

### **Prenatal Visit \$100.00 (3 Hours Maximum):**

I will come to your home for one prenatal visit *following* a complimentary 20 minute contract consultation /review set up via email. During the time of your prenatal visit, you and loved ones can discuss your current pregnancy story and any fears or concerns that you have. We will also talk about how I can support your holistic needs and cultural beliefs, in addition to exploring how to consider intervention benefits, risks, and alternatives during labor. I will answer questions, and give you childbirth information.

### **Ongoing Communication \$300.00 (From Prenatal Visit to Postpartum Visit):**

From the time period between your prenatal visit and birth, I will be available by phone for emotional or informational support within reasonable daytime hours. *For the two weeks* leading up to and following your expected due date, I will be on call 24/7, so that you can notify me of when you are in labor.

### **Labor & Birth Support \$1,000.00 (Full Duration of Labor & Birthing Process):**

When I arrive at the location where you are laboring, I will provide continuous support. I will be your advocate and promote communication. I may also use natural pain management techniques, such as position modification, visualization, aromatherapy, and touch techniques, to help you achieve a faster, more positive labor experience. Above all, I will work to enhance your emotional comfort, wherever you choose to have your baby.

### **Breastfeeding/Chest-Feeding Counseling \$50.00 (As Needed):**

I will observe and answer breastfeeding questions soon after birth to promote skin to skin benefits & optimal latching. I will also provide comprehensive breastfeeding information as you enter your postpartum period. If you determine that you want the support of a CLC, I may arrange a session with one I recommend.

### **Postpartum Visit \$100.00 (3 Hours Maximum):**

I will come to your home a couple days after your birth to check on how you, your partner/family, and baby are doing. We will also process your birthing experience together. I may bring you and your family members food, gifts or supplies to encourage well-being. The visit and our Doula relationship will conclude after I provide a list of referral resources to promote your healing.

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## Overview of Childbirth Doula's Scope of Practice, Expectations & Limitations:

1. As your Childbirth Doula, I will provide culturally informed services and treat every birthing person and their family members/loved ones with *dignity and respect*. As your Childbirth Doula, I expect to receive clear communication, and be treated with *dignity and respect* by all who receive my services.
2. As your Childbirth Doula, I will only provide informational, holistic physical, and emotional support. As your Childbirth Doula, *I am not a medical professional, and will not perform medical tasks, procedures, or replace the advice of your healthcare provider. I am not responsible for medical risks/emergencies/care.*
3. As your Childbirth Doula, I will expect payment fees (in the form of cash, venmo, or check) in full upon the time of your prenatal visit; unless I have been hired through *Boober.Inc*, in which case payment will be coordinated by the respective directory platform.
4. As your Childbirth Doula, should illness, injury, emergency or scheduled C-Section prevent me from attending your birth, *the \$500.00 of the \$1,000.00 labor & birth support fee will be refunded in full* (unless backup Doula care is secured). Backup Doula Care:

If requested, I can provide you with a backup Doula's contact information during your prenatal visit to ensure continuity of care.

5. As your Childbirth Doula, I will be allotted a *minimum* of *two hours* of travel time, from the time of contact to my arrival at your laboring location. I will be allotted periodic, *maximum 10 minute breaks* to use the bathroom, or obtain food during the time in which I am providing birth support.

6. As your Childbirth Doula, I must periodically assess my capacity to provide alert, attentive care, and upon my assessment - I reserve the right to leave your laboring location should labor duration surpass 24 hours. *If I cannot remain with you and your family for the entire duration of your labor & birth experience (pre-24 hour time mark) - \$500.00 of the \$1000.00 Labor & Birth support fee will be refunded in full.*

7. As your Childbirth Doula, I will amplify your voice, and support your choices without judgment. However, *I will not speak for you*, nor will I challenge doctors or other medical professionals during an emergency.

8. As your Childbirth Doula, I can provide position modification techniques and pain management techniques during labor. This requires consensual physical touch. *I cannot guarantee complete pain or mental relief.*

9. As your Childbirth Doula, I will honor your preferences surrounding your labor & birth experience. However, in the event that there is a medical emergency, or unexpected circumstances, *I may be unable to adhere to birth plans.* I cannot control hospital + birthing center policies.

10. As your Childbirth Doula, I can provide referrals to promote comprehensive care from qualified professionals. *Should you express the need for additional support, I will provide a list of resources in your area.* I can offer referrals if you are experiencing psychological, adjustment or physical distress. This can include but is not limited to a trusted perinatal Psychologist, Psychotherapist, Psychiatrist, Midwife, birthing center, community program, OBGYN or CLC.

11. As your Childbirth Doula, I will give you my personal phone number *following your prenatal visit.* However, *following your postpartum visit*, only email communication is permitted, and you must delete my cellular phone # from your device.

12. As your Childbirth Doula, I am committed to you & your family's privacy. I will only disclose information about your experience with *other childbirth professionals*, and refrain from using any identifying factors (names, birth dates, contact information & locations). The exemption to this rule is if I need to submit notes or evaluations to a certifying party (such as DONA International), *with your explicit permission*; or *if I receive your explicit permission* to post content on my professional website or business social media account.

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**Sign Below:**

*\*By signing this Childbirth Doula Contract, you acknowledge and agree that you have read and understand your Overview of Childbirth Doula's Services & Fees, as well as your Childbirth Doula's Scope of Practice, Expectations and Limitations listed above. By signing this Childbirth Doula Contract, you, your family members, any & all heirs release and forever & discharge your Childbirth Doula (Siena Ann Vaccara, Ed.M, M.A, LMHC), from all damages or liability, as a result of using her services.*

**Signature of Birthing Person (Identified Client):** \_\_\_\_\_ **Date:** \_\_\_\_\_

**Printed Full Name of Birthing Person (Identified Client):** \_\_\_\_\_

**Signature of Birthing Partner (if applicable):** \_\_\_\_\_ **Date:** \_\_\_\_\_

**Printed Full Name of Birthing Partner (if applicable):** \_\_\_\_\_