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## **2024 Ultimate Nurtured Family Package**

### **Overview:**

Your choice of a private or group childbirth education class

Your options are a one-day physiological birth class or a HypnoBirthing series

The Birth Doula Package

3 prenatal visits

Phone and email consultation during pregnancy

Access to lending library

On call time for the weeks surrounding your estimated due date

Phone support during early labor, as needed

In-person support during active labor and birth

Breastfeeding support immediately following birth, if desired

1 postpartum visit, including breastfeeding support

The Breastfeeding Package

Discussion of breastfeeding basics and getting off to a good start

Assistance beginning within 24 hours of your baby's birth whenever possible

1-2 hours of breastfeeding support every day for one week

Watch you and guide you in learning to breastfeed, lending a helping hand

On call to answer breastfeeding questions over the phone

Access to lending library of educational breastfeeding resources

Three 4-hour daytime postpartum shifts

Three 8-hour overnight postpartum shifts

Overnights will typically be one night per week for 3 weeks unless otherwise agreed upon

### **Details:**

The Ultimate Nurtured Family Package price is \$4,000 when paid in full with the possibility of refunds in the case of a miscarriage or stillbirth based on the outline below. The following is what we are considering due at each point in pregnancy, and therefore non-refundable at that point.

\$1,200 initial non-refundable deposit for prenatal support and to hold your spot in my calendar

Next \$600 becomes non-refundable at 30 weeks gestation

Next \$600 becomes non-refundable at 36 weeks gestation

Additional \$600 becomes non-refundable at 36 weeks (considered breastfeeding portion)

Last \$1,000 is refundable at any point in the event of fetal or neonatal death, only if this occurs before any overnight support is provided

Throughout pregnancy, labor, birth, and postpartum, I do not perform any medical or clinical tasks, such as maternal exams, fetal assessment, or newborn assessment. I will do my best to help you get the information that you need in order to make your own informed decisions, but I will not make any decisions for you. I am a professional support person, but not a medical professional. My support is not a guarantee of a vaginal birth, a healthy baby, a healthy mom, or any other particular outcome.

### **Childbirth Education:**

Upon signing this contract you are enrolled in your choice of a one-day physiological birth class or a 5-week HypnoBirthing series. It is your responsibility to attend the classes and complete the homework and home-practice as part of your preparation for your labor and birth. During labor I will assist you in comfort and relaxation techniques, and I will do my best to integrate what you have learned and practiced, as well as your birth companion(s), in your birthing process, if you so desire.

### **Birth Support:**

As your doula, I will provide you with emotional, physical, and informational support, to the best of my human ability and to the best of my ability within my non-medical scope of practice. I will act as your advocate and help *you* communicate your desires to your care providers. I will be present with you during *active* labor and birth, at your request, and will support you in early postpartum, assisting with the initiation of breastfeeding, if you so desire.

We will have three prenatal visits to prepare for labor and birth, and one postpartum visit to begin to process the experience and help with your transition. I ask that your birth partner or any other friend or relative who will be attending your birth do their best to attend at least one of the prenatal visits.

While you are in early labor, we will be in touch over the phone, as needed. I will give you suggestions as needed, as well as do my best to answer any questions that you may have.

Please keep me updated on your early labor as per our discussion during our prenatal visits. I ask that you do your best to keep me adequately updated before you anticipate needing me, in case there is traffic or I am at another birth and need to arrange for my back-up to join you.

When you feel you are moving into *active* labor, you agree to call or text me (as discussed) and if I do not answer immediately, make sure to also text or call - whichever you have not yet done, so that I can do my best to be available to you by the time you would like me to join you. If you are unable to reach me, you agree to call my back-up, whose name and number I will have shared with you (typically before you are 36 weeks along). Once you are in *active* labor, I (or my back-up) will come to you as soon as you feel you need in-person doula support.

In a circumstance that you do have my back-up doula supporting you in my place, the fees and other conditions of this contract will remain the same.

After the birth, I will stay with you for up to three hours (most typical is 1.5 hours), depending on whether you feel you still need my support or you are ready to be alone with your family and

new baby. I will also remain on call for you, to support you and answer questions over the phone, for two weeks following your birth.

I will do my very best to provide you with all of the services specified, unless it is literally impossible – an extremely rapid labor and birth, failure to notify me at the onset of active labor and appropriately thereafter, or a last-minute cesarean birth, for example. In these cases, I will still offer to help you with initial breastfeeding, and provide you with the postpartum support specified if you so choose, but there will be no refund of fees other than what is outlined in this contract.

If I am with you in-person for over 24 hours for your labor and birth, the fee for each additional hour is \$40.00 an hour, for myself or for my back-up doula. This additional fee is to be paid within one week of the birth.

Upon signing the contract I begin working with you and holding a space for you in my calendar, more specifically from 38 weeks to 42 weeks gestation. If you go into labor before 38 weeks I will be there for you as outlined above unless I am out of town. You understand that there is a slightly higher chance of a back-up being on call for you before 38 weeks gestation, as compared to 38 to 42 weeks gestation. In any case that I am out of town, ill, or at another birth, including before and after 38 weeks, my back-up will be on call for you and provide the same services I would have provided, as outlined above. If you refuse the support of my back-up or if you fail to appropriately contact myself or my back-up, there will be no refund of fees.

In the case of severe weather or declared state of emergency resulting in neither myself nor my back-up being able to reach your birthing location, \$450.00 will be refunded to you and the rest of the contract will remain as agreed upon.

### **Breastfeeding Support:**

I will provide you with emotional and educational support as you learn to breastfeed your baby. We will discuss the basics of breastfeeding and getting off to a good start. I will watch you and guide you in learning, lending a helping hand and making recommendations that are within my scope of practice as a doula and non-medical professional. I will do my best to be there on the day of the birth to assist you with initiating breastfeeding. I will work with you on the initial latch and then come back later that day to help again. I will come to you in the hospital or at home for 1-2 hours of breastfeeding support every day for the first week after your baby's birth. If a day is missed due to another client's birth, I will add one day to the 7-day period.<sup>[L]</sup><sub>[SEP]</sub> I will be on call 24-7 to answer breastfeeding questions. Please allow some flexibility in timing if I need to call you back a little while after you call or text with a question. I will typically answer within 20 minutes.

With this package, you have access to the breastfeeding DVD's in my lending library, however they must be returned in a reasonable timeframe so that they will be available to my other clients as needed as well.

I will provide you assistance with:  
-getting comfortable breastfeeding

- different ways to hold the baby
- positioning the baby at the breast
- getting a deeper latch (typically improved latch)
- learning to identify the difference between sucking and drinking
- learning breast compression<sup>[SEP]</sup>-increasing your milk supply, if necessary
- decreasing your milk supply, if necessary<sup>[SEP]</sup>-setting up nursing stations around your house
- integrating nursing time as a special time with your older children, if this applies

I am not a lactation consultant. I know about normal breastfeeding and can help you avoid some of the common problems that can lead to crisis and require a lactation consultant's support. If the help you need is out of my scope of practice and there is a need for a lactation consultant, I will make referrals and then potentially be with you when you meet with the consultant, so that I can continue to help you as much as possible.

If I am unable to make it to you for more than one day in a row due to being at a long birth or becoming ill, you will have the option of a back-up coming to provide you with support. All terms of this contract would stay the same and there would be no additional fee as I would pay my back-up doula for her time.

If before 36 weeks gestation you tell me that you are not going to breastfeed after all, then at that time you can request either a refund of \$600 to you for the breastfeeding portion of the contract, or you can request that I provide you with general postpartum support in its place, with no refund. If you decide at or after 36 weeks gestation, then I will fulfill the breastfeeding portion of this contract by providing you with general postpartum support in its place and there will be no refund of fees.

### **Postpartum Support:**

As your postpartum doula, I will provide you with non-medical physical, emotional, educational and family support after the birth of your baby/babies, expected on or around the \_\_\_ day of \_\_\_\_\_, 20\_\_\_. These postpartum support shifts will take place within the first 6 weeks postpartum, whenever possible. Support may be forfeited, with no refund of fees, if you do not communicate adequately or make an effort to schedule these shifts within those first 6 weeks.

I do not perform any medical or clinical tasks, nor do I diagnose medical conditions in the mother or baby/babies. I will, however, do my best to refer you to a health care provider if/when it seems appropriate.

Other than allowing you some time to shower and rest, I do not fully *take over* the care of the baby/babies. However, I will assist you in learning to take care of your postpartum needs and your baby's/babies' needs, provide resources on mother and baby care, actively assist you in caring for and feeding your new baby/babies, provide breastfeeding support as desired, assist your family with adjusting to new roles, and offer household organizational support.

During daytime hours organizational support may include preparing occasional light meals, grocery shopping if requested, laundry, tidying, dishwashing, and organizing friends who want to help. The exact breakdown of support will be different from family to family. Overnight support

will include some of the same, but will be more heavily focused on baby care while you rest, and I may also rest when the baby is/babies are sound asleep as well.

I do **not** do heavy housework such as mopping, vacuuming, cleaning bathrooms, yard work, etc.

I agree to work for you on a pre-determined schedule, with some flexibility, subject to availability and mutually agreeable hours. For billing purposes, an hour is considered to begin when I arrive at your home. If I run errands for you on my way to your home, the hour begins when I arrive at my first stop.

In the event of unpredictable scheduling conflicts, including illness, potentially dangerous driving conditions due to severe weather, or relating to my need to attend a birth with another client, I will make up any missed hours with you on a different day of the week, or as soon as possible. Under some circumstances we may agree to call in my back-up doula for postpartum support in my place.

If you would like additional postpartum support once we have completed our time together for this package, my hourly fee for daytime postpartum doula services is \$40 per hour with a minimum of 2 hours per shift. My hourly fee for nighttime postpartum doula services is \$50 per hour with a minimum of 7 hours per shift between the hours of 11pm and 6am. Additional hours are to be paid for each day you receive support unless we mutually agree on a different payment schedule.

I have read this contract, agree to it, and agree that it reflects the discussion we have had.

Mother \_\_\_\_\_ (print) \_\_\_\_\_ (sign) Date \_\_\_\_\_

Partner \_\_\_\_\_ (print) \_\_\_\_\_ (sign) Date \_\_\_\_\_

Doula \_\_\_\_\_ (print) \_\_\_\_\_ (sign) Date \_\_\_\_\_