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Contract: The HypnoBirthing Doula Package

As your doula, I will provide you with emotional, physical, and informational support. I will act as your advocate and help *you* communicate your desires to your care providers. I will be present during *active* labor and birth, and will support you in early postpartum, assisting with the initiation of breastfeeding.

You are enrolled in Nurtured Mommy's upcoming 5-class group HypnoBirthing series and it is your responsibility to attend as many of those classes as possible. Private make up classes, if desired and if time allows, will involve an additional hourly fee of \$40.00 per hour.

We will have three private prenatal visits to prepare for labor, birth, and baby and one postpartum visit to process the experience and help with your transition. If we are unable to do all 3 visits before you give birth, you may choose to have an extra postpartum visit (or two or 3) to make up for the visit (or two or three) that you missed prenatally.

During labor I will assist you in comfort and relaxation techniques, and I will do my best to integrate HypnoBirthing and your birth companion(s) in your birthing process, if you'd like.

I do not perform any medical or clinical tasks, such as internal exams or fetal assessment. I will help you get all of 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, or any other particular outcome. My back-up's roll and limits are the same as mine are, so the same applies with her in attendance.

When you are in *active* labor, if you call or text me and I do not answer, make sure you have both called and texted in case my cell phone reception only works for one of the 2 modes of communicating in that moment. I will do everything I am able so that I can make sure I am available to you by the time you need me. Please also 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 updated when you feel you are close to needing me, in case there is traffic or I am at another birth and need to arrange for my back-up to join you. If, in the circumstance that I do need to call a back-up, the fees and other conditions of this contract will remain the same.

While you are in early labor, we will be in touch over the phone as needed and I will give you suggestions as needed, as well as answer any questions that you may have. Once you are in *active* labor, I will come to you when you feel you need me.

After the birth, I will stay with you for up to three 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 planned or last-minute cesarean birth where I for

whatever reason am not able to be physically in the operating room with you, for example. In these cases, I will still help you with breastfeeding if you so desire and provide you with the postpartum support specified above if you so choose. There will be no refund of fees after each payment is made, including in these circumstances described above.

Upon signing this contract I begin working with you and holding a space for you in my calendar. The fee for this package, including blocking off the time for myself and my back up to be on call for you, as needed, as well as phone and email support during your pregnancy, is \$1800.00. The portion of this that is considered an initial retaining fee is \$600.00 and is non-refundable immediately upon payment. This is the amount due upon signing this contract unless a different payment plan is agreed upon. If you would like to make payments, the first payment of \$600.00 is to be paid upon signing this contract, the second payment of \$600.00 is to be paid by 30 weeks gestation, and the remaining \$600.00 is to be paid by 36 weeks gestation.

There will be no refund of fees after each payment is made, including under the various circumstances described above. Exceptions to this: In the case of severe weather, pandemic, hospital policy changes, or declared state of emergency resulting in neither myself nor my back-up being able to safely reach your birthing location, virtual support will be provided as needed, to the best of my ability, and \$600.00 will be refunded to you. The same may be true if you or your partner test positive for Covid-19/SARS-CoV-2 (or other highly contagious illness) within 10 days of your birthing. In such a case we will discuss options and I will support you to the best of my ability, potentially virtually, depending on timing of the test, symptoms, and more. In the case that you are healthy but your birthing place is not allowing doulas to accompany you at all, if myself or my back up is able to come to your home for some of labor but not able to join you at the hospital, the \$600.00 would not be refunded as one of us would still have come to your birth to support you. We would offer to "follow you" to the hospital virtually, communicating as needed. The same is true of a cesarean birth. Even if we are not allowed into the OR for a cesarean or other procedure, we will support you at the hospital just as we typically do surrounding any other cesarean birth, and there will be no refund of fees even if we are not in the OR itself with you.

If I, or my back-up doula, join you for the birth before 36 weeks gestation, regardless of whether we are in the room or not (for example: a cesarean birth where we are asked to wait outside and join you in recovery), the remainder due must be paid within two weeks of the birth. All support surrounding the birth and postpartum period will remain the same, to the best of my ability given your circumstances and needs.

If I, and/or my back-up, is in attendance at your birth for a total of over 24 hours, the fee for each additional hour is \$40.00 an hour. This additional fee is to be paid within one week of the birth.

In any case that I am out of town, ill, have a family emergency, am at another birth, or have off-call time, my back-up will be on-call for you and provide the same services I would have provided, as outlined above. It is your responsibility to keep myself and/or my back-up informed, especially once you feel you may be close to needing in-person support. If you refuse the support of myself or my back-up, or if you fail to appropriately keep in contact with myself or my back-up, there will be no refund of fees.

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

Client _____ Date _____

Primary Doula _____ Date _____