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HypnoBirthing Doula Package

Overview:

Two prenatal visits

Access to lending library

Phone and text consultation in pregnancy and up to 2 weeks postpartum (non-urgent 9am-9pm)

Optional HypnoBirthing group series, if time allows and you choose to take the class

HypnoBirthing textbook, booklet, and downloadable audio tracks if you choose to take the class

24/7 availability for labor, provided by Becky and/or her back-up, depending on circumstances

Phone support during early labor, as needed

In-person support during active labor and birth, with exceptions outlined below

Breastfeeding support immediately following birth, if desired and if mom and baby are ready

1 postpartum visit, including breastfeeding support if desired

Details:

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 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 and as long as you and baby are both healthy and ready to attempt to breastfeed. I will act as your advocate and help *you* communicate your desires to your care providers. 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. 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 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.

We will have two prenatal visits to prepare for labor and birth, and one postpartum visit to support you in breastfeeding and/or to support you as you begin to process your birth experience and help with your transition.

Nurtured Mommy's upcoming 5-class group HypnoBirthing series is an optional portion of this package. It is your responsibility to attend any classes you wish 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 HypnoBirthing as well as your birth companion(s) in your birthing process, if you so desire.

I ask that your partner or any other friend or relative who will be attending your birth as your birth partner do their best to attend at least one of the prenatal visits. If you have a partner it would be ideal if they could attend all visits, including the postpartum visit.

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.

You agree to keep me updated on the progression of your signs of labor as per the discussion we have had and will continue to have during our time together prenatally. 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, or earlier if the need arises). 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 any circumstance that you 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 (you understand that most typically I stay for 1 to 2 hours), depending on whether you feel you still need my support or you are ready to be alone with your family and new baby, or if I am needing to leave more quickly to get to another birth. I will remain available via phone, text, and/or email to support you and answer questions for two weeks following your birth, although to a lesser extent than the "on call time" leading up to your labor and 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 in this contract 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 in this contract. 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 be with you in person during your labor and birth, \$500.00 will be refunded to you and the rest of the contract will remain as agreed upon. In this scenario myself or my back-up will provide you with support over the phone and/or FaceTime or Zoom, to the best of our ability. The same will be true if you or your partner test positive for Covid-19/SARS-CoV-2 (or other highly contagious illness, such as, but not limited to, influenza A or B) 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 of your or your partner's illness being the cause of my inability to join you in person, the \$500.00 refund will be issued to you at our postpartum visit once everyone is healthy.

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 \$500.00 would *not* be refunded as one of us would still have come to you to support you. We would offer to "follow you" to the hospital virtually, communicating as needed and to the best of our ability. The same is true of a cesarean birth. Even if we are not allowed into the operating room 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 operating room itself with you.

If I, or my back-up doula, join you for the birth before 36 weeks gestation, regardless of whether we are ultimately 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 of the package price remains the same and 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.

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 and two weeks after the birth, is \$2,800.00. The portion of this that is considered an initial retaining fee is \$700.00 and is non-refundable immediately upon payment.

If you would like to divide the \$2,800.00 package into payments, the first payment of \$700.00 is to be paid upon signing this contract, the second payment of \$700.00 is to be paid by 26 weeks gestation, the third payment of \$700.00 is to be paid by 30 weeks gestation, and the remaining \$700.00 is to be paid by 36 weeks gestation. Each payment is non-refundable – other than in the circumstances outlined in this contract. You acknowledge that if you utilize the payment plan, all payments made must total \$2,800.00 and be completed by 36 weeks, or I will not continue to plan to be at your birth, and there will be no refund of fees you have already paid.

If you pay the \$2,800.00 up front, then refunds will be available only as they would align with the amount(s) outlined as payments. For example, if you were to tell me at 35 weeks gestation that you no longer wish to utilize my doula services, \$700.00 would be the portion of the \$2,800.00 that you paid that would be refunded to you.

If you are signing this contract at 26 weeks gestation or beyond and would still like to do the payment plan, your initial payment will include the amounts that would otherwise be past due as part of your initial payment. For example, if you were signing the contract at 26 weeks you would pay \$1,400.00 for your initial payment and your next two payments would be \$700.00 each, for a total of \$2,800.00 to be paid up by 36 weeks gestation.

If myself and/or my back-up is with you in-person for over 24 hours for your labor and birth, the fee for each additional hour is \$50.00 an hour. This additional fee, separate from the package price, is to be paid within two weeks of the 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.

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

Amount paid upon signing this contract: _____

Other payments due by: _____

Birther _____ (print) _____ (sign) Date _____

Partner _____ (print) _____ (sign) Date _____

Doula _____ (print) _____ (sign) Date _____