

Contract of Agreement with MariMama Doula Services for Virtual Support

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Services Offered:

I see my role as providing virtual doula support to you throughout your pregnancy, birth, and immediate postpartum experience. My goal is that you feel well cared for, supported in your choices, and that you make the transition into motherhood and fatherhood as smoothly and joyfully as possible. I am especially careful that I am not there to take the place of your spouse/partner or support person but rather to facilitate everyone's optimal involvement. The following services are included in my fees:

- a **FREE**, 30 minute phone consultation
- A 30 minute initial interview via Zoom. A **NONREFUNDABLE \$25.00 FEE** will be required prior to the interview, payment will go towards services if hired.
- three virtual prenatal visits (Virtual Holistic by Nature (HBN) Pregnancy & Birth Doula Package) via Zoom, lasting about an hour each
- intermittent virtual support via Zoom during your labor and birth in the hospital, birth center of your choice, or home. Support will occur every 2 hours for 30 minutes unless fully effaced and dilated which requires doula to remain on Zoom for the remainder of the labor and delivery
- appropriate virtual breastfeeding support after your baby is born during the immediate recovery phase (up to 1 hour after birth)
- two (HBN Pregnancy & Birth Doula Package) postpartum appointments, typically starting on the fourth day after birth, lasting an hour each on Zoom followed by a 30 minute long standby period. The second postpartum appointment is typically scheduled during the second week and no later than the 3rd week postpartum (check Calendly for doula's availability)
- **30 days** of unlimited virtual support via text and email (Unlimited Virtual Holistic by Nature Postpartum **Only** Doula Package) beginning the day of delivery. Phone and Zoom calls are unlimited but must be scheduled on the doula's Calendar. Each Zoom meeting will last about 30 minutes each
- phone, text and email consultations as needed, up to 6 weeks postpartum for Virtual HBN Pregnancy & Birth Doula Package

The following services are offered, but are not included in a package:

- up to 2 prenatal appointments (\$50 per appointment) can be made aside from the Virtual HBN Pregnancy & Birth Doula Package. The total number of virtual prenatal appointments cannot exceed 5 with each additional appointment lasting about 30 minutes each.
- in addition to the Virtual HBN Pregnancy & Birth Doula Package, up to four additional

postpartum appointments (\$50 per appointment) can be scheduled up to 6 weeks postpartum, with each additional appointment lasting 30 minutes each. The total number of postpartum appointments cannot exceed six

- additional postpartum appointments can be scheduled in addition to the Virtual HBN Pregnancy & Birth Doula Package
- in addition to the Unlimited Virtual HBN Postpartum **Only** Doula Package, an additional 30 days of unlimited virtual support can be provided by rebooking via Calendly. Rebooking can occur for up to 1 year postpartum

Scope of Practice for Doulas

As a birth and postpartum doula, my services will be limited to emotional and informational support services. **I do not give medical advice. It is not in my scope of practice to offer, nor go against any medical advice or act as a substitute for any medical professional.** I do not force my own values and preferences on you. My role is to support you!

Fees

My fees depend on the services purchased. If you decide to hire me, then a non-refundable retainer of 50% of the total cost of the services will be due upon scheduling our first prenatal appointment for the Virtual HBN Pregnancy & Birth Doula Package. The balance owed will be due upon booking your last prenatal appointment. The last prenatal appointment is typically scheduled four weeks before your expected due date. For the HBN Postpartum **Only** Doula Package, the full cost of the package will be due at the time of booking.

Refunds

A refund of your package(s) will be given under the following circumstances only:

- I am not able to virtually support your birth because you are unable to reach me (entire fee refunded).
- You decide that you have changed your mind regarding my services, for any reason, and you give me notice three weeks prior to your anticipated due date (the beginning of the on-call period). This could include an emergency during pregnancy that results in hospitalization or premature birth of your baby. In this case, I will refund 50% of your service package upon request. (Please know, however, that I am willing to support you through any crisis and will complete the package of services, including the virtual postpartum appointments.)

A refund of your package(s) will **not** be given under the following circumstances:

- I am not able to virtually support your birth because you did not contact me in time. Please allow up to 5 minutes maximum to receive a call back
- You change your mind regarding having a doula present, for any reason, after the on-call period (any day after three weeks from your anticipated due date).
- You have a cesarean birth, or in any way depart from your ideal birth goals. Please understand that my virtual support for your birth is not a guarantee of success for a specific birth plan such as an unmedicated, natural birth or a VBAC. I can only support you and your partner and help you to make informed decisions; the rest is up to you and your medical care providers.

My Promise to You

I will always do my best for you. I am very conscientious during the "on-call" time period and you are never far from my thoughts at this time. I will return urgent phone calls as quickly as possible. For non-urgent matters (such as seeking information, wanting to give me an update, needing to change a scheduled appointment, etc.), I will return calls and reply to texts/emails within 24 hours or, if it is over the weekend, on Monday during normal business hours. As for the Unlimited Virtual Doula Support, I will reply to texts and emails as urgently as possible. MariMama Doula Services values our clients and their needs!

Responsibilities of the Client

Please notify me of any medical information related to your pregnancy or of any changes during pregnancy that your doctor or midwife has confirmed within 24 hours of the initial update. In the final month of your pregnancy, please call me after each prenatal visit with your midwife or doctor. This regular communication will help me stay up to date with how you are doing and enable me to support you with any concerns or issues. I will provide you with written information about when and how to contact me when you think you are in labor. Please follow my guidelines as they are designed to ensure that we all get the proper rest before your birth, while also enabling you to get the support you need when you need it. Should anything change in your personal financial circumstances that means you will not have a scheduled payment for me at an anticipated appointment, please give me as much advance notice as possible of this change. Such notice will allow me to plan my own finances accordingly and then we can explore possible solutions to the problem together. I depend upon you to be very frank and direct with me about your needs and expectations before, during, and after childbirth.

I have read this Contract of Agreement with Marimama Doula Services for Virtual Support and agree to its terms and conditions.

Client's Name (please print)

Client's signature

Date

Spouse's/Partner's and or Support Person's Name (please print)

Spouse's/Partner's and or Support Person's Signature

Date

Doula's name (please print)

Doula's signature

Date

LABOR INSTRUCTIONS

When to call your doctor/midwife:

1. Contractions every 4-5 minutes apart for an hour and lasting at least 45 seconds each (Time contractions from the beginning of one to the beginning of another to see how many minutes they are apart)
2. Sudden gush of fluid (water breaks) or leaking from the vagina, or vaginal bleeding
3. High fever
4. Severe abdominal pain that does not go away
5. A decrease or absence of baby movement
6. Persistent, severe vomiting and or severe diarrhea lasting longer than 48 hours
7. Frequent burning urination

When to call your doula:

1. Please call me when you are experiencing contractions that are at least 20 minutes apart
2. Please attempt to contact your doctor or midwife if you believe that you are in labor. If your doctor or midwife is unavailable at the moment, please do not hesitate to call me.

Cost of Virtual Doula Service Packages:

Virtual HBN Pregnancy & Birth Doula Package - \$1025.00

Unlimited Virtual HBN Virtual Postpartum **Only** Doula Package - \$600