



Doula Support Agreement

Thank you for your interest in having my support as your doula!

I offer full-spectrum support during pre-conception, pregnancy, birth and postpartum.

Our first 'get to know each other' meeting is complementary and can be online, or in person. I will happily refer other doulas I know, if we do not make a comfortable match. If you do feel I am the doula for you, and I am available, and I am confident it is within my competency to give you the support you need, here is what I offer:

As a doula, I do:

- Offer continuous emotional support and suggest strategies to improve your sense of comfort.
- Share contact references so you are aware of the support and information that is available to you in your situation in the local and wider care community.
- Share informative and reliable resources according to your personal situation.

As a doula, I do NOT:

- Give medical advice.
- Perform any medical tasks or interpret any medical results or analyses.
- Make decisions for you. I will help you get reliable information to help you make an informed decision.
- Speak to medical staff instead of you regarding matters where decisions are being made. I will discuss your concerns with you and may suggest options, but you or your partner will speak on your behalf to all health professionals.

Dynamic Doula Package: 520€ / CHF500

- * Two in-person meetings to discuss your needs, options, as well as comfort measures and strategies, including your partner, whenever possible.
- * Regular contact and check-ins via chat, email, call or video chat to discuss questions or concerns that arise and to share useful resources.
- * One post-care meeting to talk about your experience and feelings concerning the situation requiring doula support.

Full Birth Doula Package: 1220€ / CHF1200

All of the above Dynamic Doula Package plus:

- * I will be on-call night and day for the two weeks before the estimated birth due date onwards.
- * I will be available to provide continuous support during labour, and be with you in person for the time you need until several hours after your baby arrives.¹

¹ Not all hospitals currently admit a doula accompanying as a *second* companion during birth. If this is not negotiable, I am available to provide emotional support and comfort tips in real time remotely and the overall fee can be adjusted.

Now I really need a Doula! Package: 520€ / CHF500

- * Two in-person meetings to discuss your needs and options for support, including your partner, whenever possible.
- * Regular contact and check-ins via chat, email, call or video chat to discuss questions or concerns that arise and to share useful resources.
- * One post-care meeting to talk about your experience and feelings about the circumstances needing doula support.

*I offer **pro bono** services to refugees or others facing financial challenges. I am willing to discuss and adjust fees accordingly. I overcome any language barriers using non-verbal communication and technology. I gratefully welcome donations to 'carry it forward' contributing to this vital work.*

Payment is made in three instalments: a non-refundable 30% deposit when the contract is signed, 30% at the start of the on-call period and final payment following the postpartum meeting.

Additional Fees or Services:

- Travel expenses for distances beyond 20km at 0.50 cents/km.
- Exceptional parking payments (for example during labour and birth).
- Specified additional on-call back up birth doula 10.- per day.
- Additional meetings 120.-
- Full-body rebozo massage: 100.-
- Prenatal/birth/postnatal photography: to be agreed.

Life is unpredictable, so here are additional clauses in case the contract cannot be kept:

Unfulfilled Contract: on behalf of the client

This may be the case if the baby comes unexpectedly early, or quickly, and the doula was not contacted or not contacted in time. The doula 'on call' rate of 30.- per calendar day (normally included in the package) would be charged, plus any travel expenses for meetings which took place during the period until the contract is cancelled.

Unfulfilled Contract: on behalf of the doula

The doula is a member of a well-established birth back-up team, so full, caring, trustworthy support can be provided in the case of unexpected circumstances (sickness or a coinciding birth) or a planned and discussed absence. If the birthing person does not wish for a doula from the back-up team, only the services provided will be invoiced. If a back-up doula is requested to be on-call *in addition* to the main doula, a fee of 10.- per day is payable by the client.

This agreement is between:

Doula name: Deborah (Debbie) Mitchell

Ethical Code: EDN Code of Ethics

signature:

date:

and

Client name:

package requested:

Dynamic

Full Birth

Now I need a Doula!

Client address:

signature:

date:

Client telephone:

Client email:

Estimated birth due date:

Midwife:

Doctor:

Gynecologist:

Special note

On-call, is on-call, and hormones are often stronger at night (and worries too!). Please don't hesitate to call me - you are not 'disturbing' anyone if you are in need reassurance and support.



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Doula Ethics