

The following agreement is hereby entered into between LAURA KIEFER, referred to as “I” and _____ referred to as “you,” with the following conditions understood and accepted by both parties.

As your birth doula, I provide emotional and physical support to a woman and her partner and/or family during her labor and delivery. I can also facilitate communication with your care provider to ensure that you have the information you need to make informed decisions regarding your baby’s birth. I can provide reassurance and perspective to you and your partner, make suggestions for labor progress, and help with relaxation, positioning, pain management, and other techniques for your comfort. I am independent and self-employed, so I am working for YOU, not your caregiver or place of birth.

Before Birth:

We will meet for two appointments before your birth, either two separate times or combined, depending on your schedule. The first appointment is Birth Vision, in which I will discuss your priorities and any fears or concerns; present evidence-based information on the risks and benefits of common interventions and procedures used during childbirth; discuss your birth plans; plan how we might best work together; and help you create a plan or “vision” for your birth. The second appointment is Hands on Support, in which we will practice different pain relief techniques to figure out how best to support your body and mind for labor and birth. I will also inform you of times when I am unavailable for labor support. We may also decide on other meetings and will remain in touch by telephone and/or e-mail communication. **I will be on call for your birth three weeks (21 days) before your due date and two weeks (14 days) after it.** If you happen to go into labor before or after this period, I will make every effort to be there.

During Labor:

I ask that you call me when you think you are in labor, even if you do not yet need me. This gives me time to clear my calendar for the next 24 hours. I can answer questions and make suggestions over the phone, and we can decide if I should come to you then or wait for further change. I can meet you at your home or your planned place of birth. I require up to two hours to get to you from the time you ask me to come. Once you call me and let me know you’d like me to begin supporting you, I will make every effort to be there within two (2) hours. ****My goal is to be present within one hour, which is what you can expect, but due to childcare for my own children I reserve the right to be there within two hours.**** Except for extraordinary circumstances, I will remain with you throughout your labor and birth. Please be sure to **contact me by phone call when you think you are in labor**, rather than text or email. Your partner can call if you prefer.

After Birth:

Circumstances permitting, I will remain with you for one to two hours after the birth. For cesarean births, I may stay longer. I am available to answer questions about the birth or your baby, and I will schedule a postpartum meeting within a few days of the birth to visit you and the baby, review the birth, offer support for breastfeeding and newborn care, and check in with you about your mental/emotional health. You may continue to contact me for text/email support for your first 6 months postpartum.

Limitation of Services:

As a CBI certified doula, I abide by the standards and scope of practice of Childbirth International.

As a doula, I do NOT:

1. Perform clinical tasks, such as taking blood pressure, fetal heart checks, or vaginal exams. I am there to provide only physical comfort and emotional support and facilitate communication between you, medical staff, and care providers.
2. Make decisions for you. I will help you get the information you need to make an informed decision.
3. Speak to medical staff or providers on your behalf. I will discuss your concerns with you and suggest options, as well as encourage you and your partner to voice your opinions, questions, and concerns to the staff.
4. Provide medical advice. I can direct you to resources that might help you answer your questions and make informed decisions on your own. If you have questions or want advice about your care or that of your baby, you should contact your care provider.

Extenuating Circumstance:

While it is always smart and helpful to have a plan, births do not always go according to plan. If you plan a vaginal delivery and a cesarean is performed after labor has already started, I will continue to provide support during the cesarean surgery (as allowed by hospital and/or doctor policies) as well as immediately after to help with your comfort and breastfeeding. I will also follow-up with you after the birth, as I do with all my clients. My full fee would apply. If you and your doctor decide that a planned cesarean is necessary (that is, a cesarean done before your due date and/or before the onset of labor), I will provide support during the cesarean (as allowed by hospital and/or doctor policies) and immediately after, to assist with feeding, physical and emotional support, and partner support, for my full fee. If you are having a home birth/birth center birth and need a transfer to the hospital, I will accompany you and

continue to provide doula support there, if necessary (as allowed by hospital and/or doctor policies). In the event of a precipitous birth in a location other than your planned birth place (such as home or a vehicle) when a care provider is not present, I will provide only emotional and mental support as outlined above.

Failure to Provide Services:

I will make every effort to provide the services described here. If my failure to attend your birth is due to my error, and a backup doula is not available, I will refund 50% of our agreed upon fee. If my failure to attend your birth is due to an error on your part (failing to call me, for example) I will retain the full amount paid and continue my services to completion. If I am not allowed to your birth due to hospital/provider policies that were not previously known prior to signing this contract (included but not limited to COVID restrictions), I will refund up to 50% of your fee, or be available for virtual support during the birth. **Any COVID related circumstance that prevents me from attending your birth will result in a 50% refund,** or additional postpartum services if agreed upon by both parties. If my failure to attend your birth is due to a rapid labor (baby is born less than two hours after you call me and ask me to come), I will provide additional postpartum support at no additional cost once you leave the hospital or birth center. My full fee applies. I reserve the right to call in a backup doula if your labor should last over 24 hours but will make every effort to remain with you through the entire duration. Any other circumstances out of my control that result in my absence at your birth or your voluntary termination of this contract will be addressed on a case-by-case basis and may or may not result in a partial refund.

Back-up Doula:

In the event that I cannot attend your birth, you will have a backup doula scheduled for our agreed upon fee. Their payment will come from the original payment to the primary doula at no extra charge to you.

Release and Confidentiality:

You hereby give me permission to take notes about you and your birth, including personal information about yourself and your child(ren). This information may be shared with my certifying organization, as well as the backup doula. Signing this contract also gives me permission to discuss your pregnancy and birth with other birth professionals in both formal and informal settings. I will never use your name, your child's name, the date you gave birth, or any other identifying information.

Social Media/Website Policy:

I will never refer to you by name, your baby's name, or any other identifying information without express permission. I may make a generic post on my social media (Facebook and Instagram @oradoulaservices)

regarding attending a birth at your birth location. If it is a home birth, it will include no identifying information about the location. I will not take photos of you without your express consent, and will ask again for consent if I would like to use any photos on social media or my website. You may make any request of me regarding social media and website policy and I will alter it to adhere to your comfort level.

Responsibility of Client:

I ask that you inform me of any pregnancy-related or other health complications or conditions you may have, as well as any other special circumstances you might have or require. I also ask that you keep me abreast of what happens at your prenatal appointments from 36 weeks forward (if your cervix is dilated, any tests or procedures you might experience, anything your care provider seems concerned about, etc). Text, email, and phone are all fine for contact. I also request that you inform your care provider that you have hired a doula. If for any reason you decide not to have me at your birth after you have signed this contract, I ask that you let me know as soon as possible.

Fees:

Fees are agreed to based on selected package, additional visits, and extra services. The total amount due is owed at time of contract unless otherwise agreed upon in writing. I accept cash, check (made out to "Laura Kiefer"), or PayPal (with monies sent directly to my email address oradoulaservices@gmail.com). Email me to set up payment arrangement. If alternative means of payment, sliding scale, or a payment plan are being used, they must be agreed upon in writing by you and I prior to the signing of this contract. Payment due is located at the bottom of this contract.

Hereafter, "I" refers to _____ (client)

Liability:

In entering a contract for Doula (Labor Support) Services with Laura Kiefer, I hereby acknowledge that during the performance period of this contract, services may be provided to me in my home, traveling to a medical facility, and/or hospital. I understand that Laura Kiefer has a limited role pursuant to the description of tasks outlined in the above-referenced contract wherever services are provided to me.

Laura Kiefer has not represented to me that contracting for services guarantees in any way a risk-free or emergency-free labor and birth experience. I understand that my doula(s) does not make medical decisions on my behalf, to include the decision when to seek medical care at a hospital when labor support services are provided in my home. When services are performed in a medical facility, I

