

RBL Support LLC Birthkeeper Contract

What is my role as a Birthkeeper/Doula? As a birthkeeper/birth doula, I accompany people in labor. I draw from my training, knowledge from outside studying, and experience to provide emotional support, physical comfort and, as needed, communication with providers and hospital staff to make sure that you have the information you need to make informed decisions as they arise in labor. I can provide reassurance and perspective to you and your partner, make suggestions for labor progress and help with relaxation, massage, positioning and other techniques for comfort. I am independent and self-employed. As your birthkeeper/doula, I am working for you, not your provider or hospital. I am not a trained OBGYN, nurse, or midwife and I am not authorized to practice medicine in any state. I provide informational, emotional, and non-medical physical support only.

Prenatal Services. I will meet with you (and your partner if you have one) two times before labor to become acquainted, to explore and discuss your priorities, fears or questions, and to discuss your birth preferences. We will also discuss how you cope best with pain and fatigue and I will teach your partner tips and tricks to help you during labor. Our first prenatal meeting will be scheduled at any time after our first initial meeting. Our second prenatal meeting should be scheduled before 36 weeks of your pregnancy. I am also a Reiki practitioner, and if that is something that interests you, we can plan a separate prenatal doing a reiki session! I also will attend prenatal visits with you to see your provider if you wish for me too. I am available to talk with you about testing and interventions that your provider may suggest, give you evidence based information, and provide unbiased opinions.

My availability. I offer telephone/text/email support throughout your pregnancy to discuss any questions or concerns. I am on call for you 24/7 starting two weeks before your due date until you give birth.

When labor begins. I prefer that you call me when you think you are in labor, even if you do not need me yet. I can answer questions and make suggestions over the phone. We will decide if I should come right then or wait. I usually need about one hour if you are local to me, depending on where you are giving birth, to get to you from the time you ask me to come. If you are giving birth farther out in my service area, I may need up to 2 hours. I will remain with you throughout the entire labor and birth unless your labor exceeds 24 hours. Then I may decide to call a backup doula to come and take my place if one is available. The reason for this is because I have two younger children who can't handle me being gone longer than 24 hours at this time.

During labor and birth. I offer help and advice with pain coping techniques and comfort measures throughout your labor. I can help guide you through breathing, encourage relaxation through massage, suggesting movement and effective positions for labor, all while helping

protect your birth preferences. It is my priority to provide continuous support, emotional reassurance and comfort to you and your partner.

After birth. I will remain with you for one hour after birth, until you are comfortable, and your family is ready for quiet time together. I can assist with immediate skin-to-skin contact and help with initial breastfeeding and finding a good first latch. I offer at least two postpartum visits at your home. Here we will discuss your birth experience and I am able to answer questions you may have or provide you with helpful resources. I can also offer more lactation support or anything else you may need!

What I do NOT do.

As your Birthkeeper/Doula I do not:

1. Perform clinical tasks such as vaginal exams, check fetal heart tones, or deliver babies.
2. Make decisions for you. I will help you get the information necessary to make an informed decision. I will also remind you if there is a departure from your birth plan.
3. Take over your birth space and try to make it my own.
4. Make your partner feel left out. Your partner is included every step of the way! I am educating your partner as well throughout your pregnancy and teaching them how to best support you.

Special circumstances. I will make every effort to provide the services described here. In some circumstances I might not make it to you in time (for example, with a rapid labor). If my failure to attend is due to MY error, there will be no charge for my birth services, however I will keep the retainer fee. If it is due to circumstances such as your failure to call me, I will keep the full amount. If you go into preterm labor and I cannot be there, any fees paid to me will be refunded to you other than the retainer fee. If your birth results in an emergency c-section, and I am not allowed to go back with you, I will wait in the lobby until your surgery is complete. I will then stay with you and your partner for an hour until you are settled and want time to yourselves. With the current pandemic going on, it is vital that you inform me of any exposure to COVID positive people or if anyone in your family has it. If you are positive or have been exposed, we may need to switch to virtual support until you are no longer contagious. If you refuse to inform me, I may decide to cancel services with you and refund only half of what has been paid to me. This does not include the retainer fee. If at any time I feel threatened by someone in your home, I may also cancel services and refund only half of what has been paid to me. This does not include the retainer fee.

Fees. My Birthkeeper services fee ranges from as low as \$100 up to as high as \$700 for in person support. Half (deposit) paid at signing of this contract, and the other half paid by 38 weeks in full. I accept cash, PayPal, Venmo, Cash App, Square, or Facebook pay. Please don't let price be what stops you from hiring a doula, whether that is me or someone else. You deserve this support

no matter your financial situation. I am open to bartering services as well, so we can definitely discuss that as an option.

Photo Release. As my practice continues to grow, I would like to take pictures for my website, Facebook page, flyers, brochures, and handouts. If you are/are not okay with having pictures of you and/or your baby, or other family members taken and used for these purposes, please mark your choice below.

☐ Yes, Revitalizing Birth and Lactation Support may take/use pictures of me/my child for educational purposes.

☐ No, Revitalizing Birth and Lactation Support may not take/use pictures of me/my child for educational purposes.

I/we have read this contract describing the Birthkeeper's services and agree to the hiring.

Client's signature

Partner's signature

Birthkeeper's signature

Date