



Birth Doula Terms and Conditions

This agreement is entered into on the day _____, 20____ between
Christine Sciortino, RYT (“Doula”) and _____ (“Client”).

What is a Birth Doula?

A Birth Doula is a member of your birth team whose main focus is to support you, the birthing person, and your partner/family.

Your doctor or midwife may be attending to multiple births, your delivery nurse may need to end their shift, your partner may feel unwell or need a break - but your Doula is there to provide continuous support.

Your Doula's main focus is how to make you more comfortable and to help you in having the best birth possible - even if unexpected situations arise. Your Doula knows your birth plan and what is important to you in birth. They can advocate for you, help you ask questions, and facilitate communication between you and your care provider.

Doulas do not replace medical providers or Childbirth Education, but they do have extensive knowledge of childbirth, and can help you with comfort measures, such as changing positions, encouraging words, or setting up a safe space with soothing lighting and supportive music.

Your Birth Doula Service includes the following:

- One (1) meet-and-greet can be done on Zoom
- One (1) in-person meeting to go over your Birth Plan
- Your birth
- One (1) postpartum visit
- Non-emergency support via text/phone call between the hours 9:00am – 9:00pm

Details on each point of service follow.

Service Details:

1. Meet-and-greet:

This first meeting can be done in person or over Zoom. This is a perfect time for me to get to know you, your partner if applicable, and any other members of the family or birth support team who are available. I'll want to know as much as possible about your current pregnancy, previous pregnancies if any, your lifestyle, any fears you have about birth – or anything else you'd like me to know! During this meeting we can also review my contract if you have any questions. We'll discuss the process of having me as your doula and I'll try to help refer you to any additional information you need.

2. Birth Plan:

In our second meeting, we will discuss all your options for birth and create your ideal birth plan. This meeting is best done in-person and can involve your partner and anyone else who will be present at your birth. I request that we have 1-2 hours uninterrupted to go through this information. We will cover birth location, laboring positions, pain management options, as well as comfort measures such as food, music, etc. Questions I may ask you will include “Would your ideal birth be a vaginal birth or Cesarean birth?” “Are you interested in laboring and/or birthing in a tub of water?” “Do you want continuous fetal monitoring or low-intervention intermittent monitoring.” “What are your thoughts on an epidural?” Families are often surprised by how many choices they truly do have during birth and this can be an empowering process. I will explain all the different options and you are welcome to ask me as many questions as you want. Once we decide on your birth plan, we'll also come up with back-up plans and you can let me know what is most important in your birth process, as well as those precious hours right after baby is born. Know that I will not try to convince you of any procedures, interventions, or other details. My role is to understand your desires so that I can support you and advocate for you in having whatever kind of birth you want, as well as maintaining the most important elements to you in the event that things don't go as planned.

3. Birth:

I will go “on-call” for you one month (four weeks) from your due date. That means I am available 24/7 for urgent communication (such as medical emergencies or labor), and I will not be traveling during that time. If you have any reason to expect baby to come earlier than 36 weeks, please let me know so I can begin my on-call time even earlier. If you do go into labor prior to 36 weeks, and I am not on-call, there is still a very high likelihood that I will be able to make it to your birth. Please keep me informed if you begin to go into labor at home. We will have decided with your doctor when to go to the birthing location (if not at home) or when to call the midwife (if at home). If you are

just beginning early labor, you typically do not need me present, but do keep me informed. Once your contractions get closer together (this could be 5-10 minutes apart, depending on how far I live from your birthing location), call me and I will come to your birthing location. From there, I am in it with you – I will be at your birth the entire time to support you. If you are sleeping, I might be resting as well. If you are eating, I may also do so. This is so that I can keep my energy and stamina up so that I have energy to support you as labor becomes intense and baby is making their way into the world. I will stay for roughly 1-2 hours after baby is born to make sure everything is okay. I will continue to follow up with you or your birthing companion via text.

4. Postpartum Visit:

We will prearrange your postpartum home visit. This visit should be scheduled 10-18 days after birth, based on your preference. Because we don't exactly know what day baby will be arriving, we will decide the number of days ahead of time. For example: "We agree that Christine will visit our home from 2:00pm – 4:00pm exactly 12 days after baby is born." You will receive reminders from me. During this visit, I will ask you to reflect on your birth and how you are feeling now. I hope that you will feel comfortable letting me know if there is anything you are struggling with. I can help by providing comfort measures (i.e pads, nipple balms, etc.) and I can also help with basic lactation questions. If you need more in-depth support, I can give you referrals for a lactation consultant. I am also a Postpartum Doula – this service is not part of your Birth Doula service, which only includes the one in-home Postpartum visit. Postpartum doula in-home caregiver for you and your family after birth – we help with lactation and baby and mama comfort, but can also help with meal prep, light housework, coordinating care plans for older children, organizing meal trains, etc. This service would be arranged separately on an hourly basis.

5. Additional Support:

I am happy to be a support person for you throughout your entire pregnancy! I request that you keep me informed of medical appointments, ultrasounds, medical developments for you and/or baby. I am here to answer questions as well as I can, or if I don't know, I'll let you know when you need to call your doctor/midwife. For non-emergency communications, updates, or questions, text message is a great way to be in touch with me and phone is okay too. I am available for this non-emergency communication **between 9:00am – 9:00pm.**

Financials:

Total Cost of Service: \$1,200*

Payment is due in full a minimum of four (4) weeks before your due date. **You will receive a 5% discount if paid in full for a total of: \$1140.* Otherwise you may split payments into two (2) payments of \$600, or four (4) payments of \$300, as long as the full amount is paid by four (4) weeks before your due date. For last-minute bookings (within a month of your birth), payment is due upon booking.

My doula clients will also receive 25% off my additional healing and mindfulness services which include Reiki (energy healing) and one-on-one Prenatal Yoga.

Reiki (30 Minutes) – Regular: \$65.00 | Client: **\$48.75**

Reiki (60 Minutes) – Regular: \$90.00 | Client: **\$67.50**

Prenatal Yoga (60 Minutes) – Regular: \$75.00 | Client: **\$56.25**

To learn more about these services and their benefits visit my website:

www.holisticandartistic.com.

Payment Methods:

Zelle: cmscior@gmail.com

Paypal: cmscior@gmail.com

Venmo: @cmscior

Check: Christine Sciortino

Cash

Please Initial:

_____ I request that you keep me informed of medical appointments, ultrasounds, medical developments for you and/or baby.

_____ For non-emergency communications, updates, or questions, text message is a great way to be in touch with me and phone is okay too. I am available for this non-emergency communication **between 9:00am – 9:00pm.**

_____ Payment is due in full a minimum of four (4) weeks before your due date. For last-minute bookings (within a month of your birth), payment is due upon booking.

_____ If an “Act of God” occurs on my end, such as a sudden illness, a car accident, a major storm, etc. and I am not able to make it to your birth for an uncontrollable reason, you will receive a refund of **40%**. I will retain 60% of your payment as compensation for our first two meetings, my time in supporting you, creating your birth plan, arranging my schedule to be on-call for you, etc. I will also still plan to come visit you for your postpartum support visit and help you coordinate your postpartum care as needed.

_____ We will prearrange your postpartum home visit. This visit should be scheduled 10-18 days after birth, based on your preference. Because we don't exactly know what day baby will be arriving, we will decide the number of days ahead of time. For example: "We agree that Christine will visit our home from 2:00pm – 4:00pm exactly 12 days after baby is born." You will receive reminders from me.

_____ I will go "on-call" for you one month (four weeks) from your due date. That means I am available 24/7 for urgent communication (such as medical emergencies or labor), and I will not be traveling during that time. If you have any reason to expect baby to come earlier than 36 weeks, please let me know so I can begin my on-call time even earlier. If you do go into labor prior to 36 weeks, and I am not on-call, there is still a very high likelihood that I will be able to make it to your birth.

_____ Please CALL me when you go into labor, and when you're ready for me to come to you. You can also text (meaning call and text), but please definitely call. If, for any reason, I do not answer, please continue to call until you talk to me.

_____ We will determine an "hours before birth" time frame. I will need **up to one (1) hour** to get out of my house. From there we will add on the time it will take me to travel to your birthing location. For example, if your birthing location is 30 minutes away from my home, I will need you to let me know you are in labor *at least* **one hour and thirty minutes** before you want me to be there. We will decide on this ahead of time and I will remind you.

_____ Please let me know in writing, **via email**, where you plan to give birth as soon as you've decided. Please include the address and any other important information you know, such as a floor in a hospital, or any important parking information, etc. If you need help choosing a birthing location or deciding between homebirth/birth center/hospital birth, I will gladly help you explore your options.

_____ I recommend Childbirth Education classes, *particularly* if this is your first pregnancy. That way we are on the same page when we discuss terminology in birth. Childbirth Education empowers you with more knowledge and awareness to make your own decisions in birth. I can recommend resources for Childbirth Education classes. Many hospitals and community centers offer free ones as well.

_____ Doulas are support professionals, not medical professionals. If you or baby has a medical emergency, doulas are not trained to help in the way a physician, midwife, registered nurse, or licensed first responder would be. In the unlikely event of a medical emergency I will do my best to help coordinate necessary care from qualified professionals.

_____ Several weeks after your birth, you will receive an email from me asking you to fill out a review of my service. This review is optional, but much appreciated. Thank you!

Agreement Signatures:

Client signature: _____ Date: _____

Client (print name): _____

Client email: _____

Client phone number: _____

Doula signature: _____ Date: _____

Christine Sciortino, RYT; *Holistic + Artistic*

holisticandartistic@gmail.com | 847.962.0509

www.holisticandartistic.com