



My Birth By Design offers the following services for labour support, childbirth education, and postpartum support:

- ☞ My clients will receive at least two prenatal visits and educational materials relating to their pregnancy and what to expect at your delivery. (If you have contacted me at the end of your pregnancy, this may not be possible...) I would love to accompany you to one visit with your healthcare provider. At the very least...it is important that your provider is aware that you will be using my services prior to your delivery.
- ☞ I can help you draw up a birth plan that suits your needs and desires best.
- ☞ I can help you find a massage therapist, midwife, chiropractor, maternity photographer, or breastfeeding support group near you.
- ☞ In most instances, I can arrange for a back-up doula. If you require a back-up doula, please let me know and I will make arrangements to that end. I will let you know the names and contact information for my back-up doulas. (*My current primary back up doula's name is Milissa Simon, CD (CBI) [302] 733-7979.*)
- ☞ I can provide you with monitrice services in your home but **not** at the hospital, birth center, or when your midwife arrives for your birth at home. (Monitrice services are outside the scope and practice of a labor doula and include taking vitals, assessing fetal heart tones, and dilation. These can be helpful if you are wishing to stay at home for the better part of your labor but want to be sure to make it to the hospital or birth center on time for delivery or if your midwife lives a distance away and you want someone to assess you until she arrives. Monitrice services are **not** for medical treatment, but **only** to help assess your progress in labor.)
- ☞ I will help you to fulfill your birth plan to the best of my ability. I am there for you, to be an advocate for YOU! I am not, however, there to be a detriment to your provider when there is a true medical emergency.
- ☞ I will provide emotional and physical support during labor.
- ☞ I will provide comfort measures and coping strategies for dealing well with labour. (This includes massage, breathing, visualizations, the birth ball, shower/water therapy, hot/cold therapies, change of position, acupressure, walking, leaving you alone with your partner for a short while, and discussions of whether or not you want pain medications and at what point. We will discuss your preferences before the birth.)
- ☞ I am NOT there to replace your husband or partner if he/she will also be assisting you at your delivery. I am there to work with you and for you and to be an integral part of your birth team.
- ☞ I do NOT make decisions for you.
- ☞ I do NOT speak to medical staff regarding matters where health care decisions are being made. I can discuss your concerns with you and suggest options. I can support you in discussions with staff as your advocate, making sure you have the opportunity to discuss concerns, but you or your partner will speak on your behalf to the medical staff.
- ☞ I will be happy to take pictures of and/or video for you of your birth.
- ☞ I will stay with you throughout your entire delivery and for at least the first one to two hours postpartum, unless you request otherwise ahead of time or circumstances change at your birth. ***
- ☞ I will help you establish breastfeeding and will make at least one postpartum visit after the birth unless you request otherwise. (If more extended postpartum services are needed, please discuss this with me and we can make arrangements for my continuing support as a postpartum doula for additional fees.)

- ☞ I am available to answer questions at any time. Don't hesitate to call or e-mail me with ANY concerns. I am available, as your doula 24 hours a day, 7 days a week. I do **not** charge for phone consultations.

IMPORTANT - Emergency Delivery

- In some circumstances, labor progresses more quickly than anticipated. If you call me to advise that your labor has progressed very quickly and delivery is imminent or your baby has been born unexpectedly at home, **if you want** I will call an ambulance from the hospital you were planning to deliver at and arrange for you to be transferred to that hospital. I will call 911 if you request that also.
- If your baby arrives unexpectedly at home with me present, you or your partner will be responsible for the delivery of your baby. After the birth, I can help you arrange transport by ambulance to the hospital. **I am not responsible for delivering your baby or performing any clinical skills related to the delivery of your baby.** This does NOT mean that I would not gladly help you in this should the need arrive.

*** In the event of a marathon labor (12+ hours), I may leave for a *short* while to refresh myself (grab a bite to eat, a shower, or a short nap) so that I may provide you with the best care possible, but I will have my cell phone with me at all times.

Fees:

\$650.00 is my standard fee and will be the fee for my doula and/or monitrice services unless we make arrangements to the contrary. A deposit of \$250.00 is required and is **non-refundable** for professional labor support services. This is due at the time that you sign our doula/client contract. (If you are mailing me your contract, please remit the deposit with your contract at the time of the mailing.) The balance is due by your 37th week of pregnancy. Most clients will pay me an additional \$200.00 at my first prenatal visit and then the final payment of \$200.00 at the second prenatal visit. If you have a financial concern, **please** let me know...we should be able to work something out. Every mom deserves a doula and every baby deserves the best birth possible! My services are also offered on a sliding fee scale, depending on income levels when needed.

Please refer to my information sheet about childbirth education courses available. Fees vary by course from \$150.00 to \$320.00 depending upon the type of course desired. I very much encourage you to take a childbirth education class or refresher course, it does not have to be my courses, but childbirth education courses are very helpful for moms and their partners in preparation for birth.

Postpartum doula services are \$25.00 - \$35.00 per hour. Because I am a homeschooling mother of five, my postpartum in home services are limited. I share postpartum doula services with my backup doula and so between the two of us we can usually provide full time service. Please call to find out available days/times for my services and hers. I can help you out for a few hours a day to give you a break and I can help you with daily tasks around the house, run errands, or give you a hand establishing breastfeeding and learning baby care. I also offer *The Happiest Baby on the Block* classes for an additional fee of \$55.00. A postpartum doula is not a maid service or nanny service though and please make other arrangements if you need more permanent care in such areas. I do **not** charge additional fees for phone consultations at any time or for the first in-home postpartum visit for my Labour Doula clients.

Refunds: \$400.00 will only be refunded if I am unable to make it to your delivery due to a fault of my own **and** am unable to provide you care prenatally **and** postpartum. However, you **must** allow me **at least** one hour of travel time (more if you live more than an hour away from me) so please alert me **immediately** if you believe that you are in labor. If I am unable to make it to your birth through a fault of my own but have provided care prenatally and postpartum I will refund you \$200.00 for missing the birth. **This refund will not be given** if I have arranged to have a back-up doula attend you at your birth, as I will be paying the backup doula \$200.00 for her time with you at your birth or for putting her on-call. **Refunds will not be given** in the event of a c-section, if you refuse my backup doula, or if you did not contact me in time to alert me of your impending birth. For reduced fees, only money paid above my \$250.00 deposit will be returned.

By signing this agreement you understand and agree to the above terms of services for Jennifer McFarland's doula and monitrice services.

Client: _____ Date: _____

Client: _____ Date: _____

Doula: _____ Date: _____

Jennifer A. McFarland

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In cases of client hardship or financial difficulty, I Jennifer A. McFarland, do hereby agree to provide the aforementioned services to the above client for a reduced fee of: \$ without sacrificing any quality of services to my client.

Doula: _____ Date: _____

Jennifer A. McFarland