



Welcome to the Doula Supported Births Program!!

The Central Coast Doula Association (CCDA) is thrilled to support you on your journey through birth and a growing family. We are excited to join you in welcoming your baby and are thankful for your participation in this program. We would also like to extend deep gratitude to the James Bower Foundation for their generous support in making this program possible.

This document will be your **Contract of Services**. It outlines the services offered through the program as well as the commitment you are making as a participant, so please read it carefully and be sure you agree to all components below before signing.

Outline of services: Because hiring a doula is based as much on a personal connection as the doula's experience and qualifications, you will have a **maximum** of three interviews with different doulas to choose one with whom you are most comfortable working. Each doula's practice will vary slightly according to her experience, training, and business acumen. The best way to find the doula that is right for you is to ask plenty of questions as well as being mindful of the connection you feel to her during your consultation. It is important to be comfortable and open with the doula you choose as she will be present and bear witness to a very intimate event in your life.

The doula's services will include:

- Two to four prenatal visits.
- The doula will be on-call for the "due period", beginning at least one week prior to the expected due date and extending until you give birth.
- The doula will join the you in labor when you both decide it is appropriate and necessary.
- She must be present during labor, birth and immediately postpartum.
- Following the birth, there will be a minimum of two postpartum visits, either in the hospital or once the family has returned home.

Your responsibilities as a client: *By signing this form below, you are agreeing to:*

- Complete pre- and post-birth surveys. Initial surveys can be completed either at a community lecture, or at the first consultation with your chosen doula. Post surveys will be completed at one of the postpartum visits and returned to CCDA in the envelope provided.
- Participate in **all** prenatal and postpartum meetings scheduled with the doula (a minimum of 4 total).
- Contact the doula when labor starts and have her present during labor and at the birth of your baby as well as during the immediate postpartum period following the birth.
- Give us feedback on your overall experience through an interview approximately 6 weeks after your baby's birth.
- Pay CCDA the deposit fee of \$____, due at your first prenatal meeting with your chosen doula. This fee is non-returnable and will be used by the Central Coast Doula Association to support the continuation of this program.

We are looking forward to working with you. Please contact the Program Administrator with any questions or concerns by leaving a message for Jenna Humphreys at: 805-202-3001. You can also email me at: humsmilej@hotmail.com

By signing below, I (print name) _____, agree to the terms and conditions listed above.

Signed _____ on ____/____/____

Central Coast Doula Association Tax ID #: 20-3740902

The main purposes of the Central Coast Doula Association are: to provide a strong communication link among practicing doulas, the childbearing public, maternity caregivers and others interested in learning more about labor and postpartum support; and to facilitate continuing education and training for its members.