



The Joy of Birthing

Bridgette A. Becker, LMT, BD, PE, HBIMI, CRI

P: 248-807-1206

E: thejoyofbirthing@gmail.com

W: www.joy-of-birthing.com

My role as your doula:

I assist individuals, in labor, to help ensure a safe and satisfying birth experience. I draw upon my knowledge and experience to provide physical, emotional, and informational support to birthing individuals and their birth partners. I am independent and self-employed. As your doula, I am working for you, not for your caregiver or the hospital/birth center.

On-call/availability:

As your retained Doula, I will be available for a period of time, spanning two weeks before an estimated due date to two weeks after the due date (38-42 weeks), in order to be available for your birth. If you go into labor before or after this period, I will do my utmost to attend your labor/birth, but my attendance is not guaranteed. I am available for phone consultations via phone and text, at any time during your pregnancy, and encourage clients to call/text with questions or updates. Once we enter the on-call period, I encourage clients to check in with me every few days to let me know how you are doing. In the event that I am unable to attend you due to no fault of my own (personal, unforeseen emergency, inclement weather, acts of God, precipitous birth), the amount paid will not be refunded, however, the contracted post partum services will be provided. If there are any limitations regarding my availability near your due date, I will list specific dates and times I would not be available and that a backup doula would attend. This list will be given and agreed to at the signing of this contract. (see Addendum A)

If I am unable to be immediately reached, during the on-call period, you are to leave a message or send a text and I will call you back as soon as possible.

I will not attend any labor/birth that is induced or augmented using Cytotec (generic name Misoprostol), as a first choice. If, after signing this contract, you opt to allow induction/augmentation of labor using this drug, I will not attend the labor/birth, and you will not be due a refund of any amount paid.

Prenatal Conference:

Prior to the birth, there will be a prenatal meeting to review/establish your Birth Plan, and give us a chance to talk, in detail, about your preferences regarding your birth. I will ask about your knowledge of the birth process and will provide information and education as needed regarding this process. I will want to know your own personal ways of coping with pain and fatigue and difficult situations, and what internal resources we can draw upon to assist you with the birthing experience. I will want to know how you and your partner foresee working together, and the roles of others who may be attending the birth. We can discuss any fears and concerns you have regarding the birth. We will review your preferences regarding the use of pain medications.

My role is to help you have a satisfying birth, as you define it. The more we explore this in advance, the better I will be able to fulfill my role. Additional prenatal conferences may be requested, foregoing the prenatal massage, included in the contract below, or on an a la carte basis, at an additional charge. (see Addendum B)



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Early Labor:

If you believe that you may be in early labor, please call/text me, so that I may make arrangements for attending your birth. Once your labor has begun, you are encouraged to call me and, together, we will evaluate your current and projected needs. We will then plan to check in every few hours by phone so I may provide information, ideas for comfort techniques, and reassurance. It is up to you to decide at what point during your labor you want me to come and be with you. Once you make that choice, I will do my utmost to attend you within an hour. However, depending on the time of day and your location in relation to me, that is not a guarantee. I encourage you to stay at home as long as you are comfortable. I ask you to understand that, should you choose at the last moment to have an unattended home birth, i.e. without a doctor/midwife, I will not attend the birth as I am not medical personnel. In this particular situation, I will be entitled to keep the full amount paid under the contract.

Labor:

Comfort techniques- I will offer assistance and advice with comfort measures such as guiding your breathing, enhancing relaxation, encouraging movement, suggesting effective positions for labor, rebozo techniques, essential oils, herbs and tinctures, and doing massage and acupressure.

Advocacy- I can assist with gathering information about the progress of labor to insure that you have the information needed to make informed decisions about your birth. I do not serve as an advocate for your needs with the medical staff; instead, I support you and your birth partners in doing so.

Emotional support- My most critical role is providing continuous emotional reassurance and comfort.

Immediate Postpartum: I expect to remain with a client until there has been a successful breastfeeding session (Provided you have a normal labor/birth. Should there be extenuating circumstances, I may have to leave after the birth and come back later, when the baby is ready to nurse and I have rested). Once you are home, I provide one postpartum visit. Additional postpartum visits for breastfeeding or other help are available at an additional cost. (see Addendum B)

What Doulas Do Not Do:

As a Labor Assistant/Doula, I am not a primary care provider. I do not and cannot give medical advice or care. I will not perform clinical tasks, such as blood pressure, fetal heart checks, vaginal exams, etc. I am there to provide only physical, emotional, and informational support. I will not make decisions for you. I will help you gather the information you need for you to make your own informed decisions. I will also remind you if there is a departure from your Birth Plan, and will verify that this, in fact, is your informed decision.

I will not speak to medical staff regarding matters where health care decisions are being made. I will discuss your concerns with you and suggest options. I will support you in discussions with staff, making sure you have the opportunity to discuss concerns, but you or your partner will speak upon your own behalf to the medical staff.



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Package Fees:

Diamond Package (Doula & International Board Certified Lactation Consultant [IBCLC])

The total fee for the above listed services, is \$1000.00. A non-refundable* retainer fee of \$500.00 is due at the time of contract signing. Payment of the full, total balance of \$1000.00 is due and must have cleared by 36 weeks gestation. I will not consider myself obligated to attend the birth, or be "on-call" until I have received the balance, paid in full, nor will Pamela Anzicek, MSN, RN, IBCLC be obligated to provide services. Payments may be made by cash, credit card, PayPal transfer, or check.

The **Diamond Package** includes:

1. One prenatal meeting with the birthing individual and their birth partner(s)
2. One hour of prenatal massage at my office in Waterford, MI. Or, one additional prenatal meeting
3. A 24 hour on-call period from 38-42 weeks
4. My assistance to you during the birth
5. A choice of 1 rebozo (scarf of many uses during pregnancy, labor, and beyond; woven by indigenous people, with sustainable practices, of various countries) from my in-stock rebozos
6. One postpartum visit, generally within two weeks of the birth. During this visit, I can provide lay breastfeeding support, baby care tips, referrals to community resources, and a chance to discuss the birth experience
7. One visit with Pamela Anzicek, MSN, RN, IBCLC of Professional Breastfeeding Support, LLC. This covers a 1.5 to 2 hour visit. Pamela will conduct a full assessment and history. On the postpartum individual: a visual assessment of the breasts and physical assessment, if warranted. On the infant: a digital suck exam and lip/tongue tie screening. She will observe and coach through at least one feeding session. A weight of every baby will be taken to calculate weight loss or gain from birth, as well as pre/post feed weights, if indicated. Pamela will also provide a written letter to the infant's pediatrician, summarizing the visit.

Ruby Package (Doula Package)

The total fee for the above listed service is \$800.00. A non-refundable* retainer fee of \$400.00 is due at the time of contract signing. Payment of the full, total balance of \$800.00 is due and must have cleared by 36 weeks gestation. I will not consider myself obligated to attend the birth, or be "on-call" until I have received the balance, paid in full. Payments may be made by cash, credit card, PayPal transfer, or check.

The **Ruby Package** includes:

1. One prenatal meeting with the birthing individual and their birth partner(s)
2. One hour of prenatal massage at my office in Waterford, MI. Or, one additional prenatal meeting
3. A 24 hour on-call period from 38-42 weeks
4. My assistance to you during the birth
5. A choice of 1 rebozo (scarf of many uses during pregnancy, labor, and beyond; woven by indigenous people, with sustainable practices, of various countries) from my in-stock rebozos
6. One postpartum visit, generally within two weeks of the birth. During this visit, I can provide lay breastfeeding support, baby care tips, referrals to community resources, and a chance to discuss the birth experience



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Sapphire Package (Doula Package)

This package is for VBAC and special circumstance clients, only. The terms of this, Sapphire Package must have been discussed and agreed upon by both the birthing individual and the doula, before contract signing. The total fee for the above listed service is \$800.00. A non-refundable* retainer fee of \$400.00 is due at the time of contract signing. Payment of the full, total balance of \$800.00 is due and must have cleared by 36 weeks gestation. I will not consider myself obligated to attend the birth, or be “on-call” until I have received the balance, paid in full. Payments may be made by cash, credit card, PayPal transfer, or check.

The **Sapphire Package** includes:

1. One prenatal meeting with the birthing individual and their birth partner(s)
2. One hour of prenatal massage at my office in Waterford, MI. Or, one additional prenatal meeting
3. A 24 hour on-call period from 38-42 weeks
4. My assistance to you during the birth**
5. A choice of 1 rebozo (scarf of many uses during pregnancy, labor, and beyond; woven by indigenous people, with sustainable practices, of various countries) from my in-stock rebozos
6. One postpartum visit, generally within two weeks of the birth. During this visit, I can provide lay breastfeeding support, baby care tips, referrals to community resources, and a chance to discuss the birth experience

If a circumstance arises, **prior to labor, where a repeat cesarean section is deemed necessary and scheduled by the midwife or obstetric team, **and** the birthing individual opts **not** to have me attend the scheduled cesarean section, or immediate postpartum recovery, a refund of \$400 will be issued, within 14 days of the birth, via check. In this scenario, inclusions 1, 2, 3, 5, and 6 will still have been utilized, therefore the initial \$400 retainer fee will not be refunded.

Pearl Package (Returning Clients only, please)

The total fee for the above listed services, is \$650.00. A non-refundable* retainer fee of \$325.00 is due at the time of contract signing. Payment of the full, total balance of \$650.00 is due and must have cleared by 36 weeks gestation. I will not consider myself obligated to attend the birth, or be “on-call” until I have received the balance, paid in full. Payments may be made by cash, credit card, PayPal transfer, or check.

The **Pearl Package** includes:

1. A 24 hour on-call period from 38-42 weeks
2. My assistance to you during the birth
3. One postpartum visit, generally within two weeks of the birth. During this visit, I can provide lay breastfeeding support, baby care tips, referrals to community resources, and a chance to discuss the birth experience



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Additional meetings/massages may be added, separately to any package, for an additional fee. (See Addendum B)

*You understand and agree that the services performed by Bridgette A. Becker/The Joy of Birthing are unique and that Bridgette A. Becker/The Joy of Birthing will have made arrangements for a backup doula; childcare; and possibly cancelled other appointments; as well as declined other paying clients, also expecting to birth during your due date period. Cancellation of this Contract will directly result in damages that are detrimental to Bridgette A. Becker/The Joy of Birthing. These damages are difficult to measure. Therefore, if you cancel this Contract, at any time after Contract signing, Bridgette A. Becker/The Joy of Birthing has the right to keep the retainer fee as liquidated damages to compensate Bridgette A. Becker/The Joy of Birthing for expenses and losses which result from the cancellation of Contract by You.

If, in the event that you have paid your fee in full, and you do contact at the first signs of early labor, and through fault of my own (personal reason or unforeseen emergency), I do not attend your birth, I will refund half of the birth fee within 14 days, unless a backup doula has been arranged and attends your birth. If you chose not to utilize the backup doula, no refund will be issued as the contracted service is still being provided.

If you fail to contact me at the first signs of early labor, for whatever reason, or have a planned or unplanned cesarean section and choose not to utilize my services, with or without notifying me, you will not be refunded any amount.

In the case of precipitous labor/birth or a maternal/fetal medical emergency, it may become impossible (depending upon circumstances and/or hospital protocol) for me to provide all of the contracted services. Therefore, you will have the option to receive up to 5 hours of postpartum services, should you choose. In the event of a precipitous labor/birth or a maternal fetal emergency that limits my involvement in your birth, I will retain the full contract price.

If you opt not to employ Bridgette A. Becker/The Joy of Birthing as your Labor Assistant/Doula after signing this contract and before 36 weeks, any payments made above the original retainer fee will be mailed to you, in the form of a check, within ninety days. If only the retainer fee has been paid, you are released from further payment, but will not receive a refund. If you decide, after 36 weeks gestation not to employ Bridgette A. Becker/The Joy of Birthing, you will not be due a refund of any amount paid.

Checks should be written to **BRIDGETTE BECKER** and mailed to: **Bridgette Becker C/O The Mind Body Collective 3093 Sashabaw Road, Suite A Waterford, MI 48329**. PayPal transfers can be made to thejoyofbirthing@gmail.com.



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I / We have read the attached contract, describing the Doula services and agree that it reflects the discussion we have had with Bridgette A. Becker, LMT, Birth Doula, BFE, PE, RI, HBIMI / The Joy of Birthing. By signing below,

I, _____ and _____ further acknowledge the services of Bridgette A. Becker, LMT, Birth Doula, BFE, PE, RI, HBIMI. / The Joy of Birthing as outlined in this contract. By signing, I, _____ and _____ further understand and accept the services outlined and the limitations thereof and choose the _____ Package.

_____ (Retainer fee paid) _____ (Balance due) by _____ (36 week date)

Client Signature Date

Client's Spouse/Partner/Family Member Signature Date