

WHOLLY MAMA

BIRTH DOULA



Amy Lynn
www.whollymamabirthdoula.com
mn.amylynn@gmail.com
651-335-7152



Contact Log

Client's Name:	Phone:	Email:
Client Address:	Birthdate: Age:	Preferred Contact Method:
Birthing Place:	Doctor/Clinic:	Estimated Due Date:
Insurance/Policy Number:	Partner/Members attending birth:	Multiples/Other Children:
Partner's Name:	Partners Phone:	Partner's Email:
Emergency Contact:	Emergency Phone:	Group B: Y / N
Current Medications:	Current Allergies:	Gestational Diabetes: Y / N
Baby's Name:	Baby's Gender:	Baby's Birth Date:
Breastfeeding: YES NO	Pounds/ounces:	Baby's Length:
APGAR 1 Min:	APGAR 2 Min:	Other:
Doula Name:	Doula's Phone:	Enrollment Date:
BackUp Doula:	Backup Phone:	Package Selection & Price:
Doula's Arrival Date/Time:	Doula's Departure Date/Time:	Reason Birth was unattended:

Please check anything that you would like additional information on:

- | | | |
|--|---|---|
| <input type="checkbox"/> Medical Interventions | <input type="checkbox"/> Postpartum Plan | <input type="checkbox"/> Labor Positions |
| <input type="checkbox"/> Cesarean Section | <input type="checkbox"/> Newborn Care | <input type="checkbox"/> Belly Casting |
| <input type="checkbox"/> Comfort Techniques | <input type="checkbox"/> Breastfeeding | <input type="checkbox"/> Meditation |
| <input type="checkbox"/> Newborn Procedures | <input type="checkbox"/> Baby-wearing | <input type="checkbox"/> Go-Bag Supply List |
| <input type="checkbox"/> VBAC Information | <input type="checkbox"/> Childbirth Classes | <input type="checkbox"/> Pho |



Working with a Doula

What is a Doula?

A doula is a person who is trained to provide information about a healthy pregnancy, help you prepare for birth and parenting and provide support to you and your family before, during and just after birth.

What You Can Expect from a Doula

Prenatal Meetings: The doula can help you prepare for childbirth, talk with you about healthy pregnancy, practice breathing, relaxation and ways to cope during labor. You can decide how often you would like to meet to prepare for labor and get to know each other. A minimum two times is a good idea. Your doula is also available by phone and can connect you with local resources if needed.

Support During Labor and Birth: Your doula will stay with you throughout labor and provide continuous emotional support, giving you and your partner support and encouragement. She can also make suggestions for comfort and coping during labor, breathing and relaxation techniques.

After the Birth: The doula usually stays for a short time after the birth. Your Doula will also visit you at home after you are settled in with your new baby to answer any questions about things like breastfeeding, baby care, and to talk about your birth.

What Doulas Do NOT Do

Doulas DO NOT do medical tasks like checking blood pressure, fetal heart rate, or check your cervix for dilation/labor. They don't speak for you when decisions need to be made. They do not talk to other organizations or agencies about you unless you give permission. They don't make medical choices. Decisions are the responsibility of you and your partner. Doulas take no personal or professional responsibility for the outcome of the birth.

What Doulas Can Do

Doulas CAN offer suggestions and give you choices. The doula can help you understand typical labor as well as understand your own individual birth experience. They can help you get the information that you need to make informed decisions about the birth of your baby.

What is Your Responsibility as a Client?

We look forward to working with you! Our doulas are passionate about supporting our clients through pregnancy and birth. Please remember, doulas are trained professionals who makes an enormous commitment to be available to you. We ask that in turn, you honor our doula's commitment to you, and that you are respectful of her time,

- ❑ Once you have received your doula match, you are responsible for contacting your doula within seven days. Upon contacting your doula, your match will be confirmed. Please note, if you do not contact your doula within that seven-day time frame, we will assume that you do not plan to work with your her, and the doula will make themselves available for other clients.
- ❑ Please arrive at your scheduled meetings in a timely manner, cancel if you are unable to attend, respond to communication within a reasonable time frame and inform your doula as soon as possible if your contact information changes.
- ❑ Communication is key. Talk to you doula, get to know them allow them to get to know you. The more they know about you, your history, and your health, the better they can assist you through your pregnancy and birth.



Participation Agreement

By signing below, you agree to answer all the client responsibilities outlined in the previous page. You also agree to answer questions after your birth about having a doula. This might include a phone call or filling out an evaluation form. The answers you give us will be kept confidential and will be used to make the program even better. We are confident that doulas can help improve birth experiences, therefore other agencies may want to look at the results and the benefits of having a doula. Your name, address and phone number will never be used. While our doulas are passionate about supporting families, please remember that doula work is also their livelihood, and how they support themselves and their families. By signing up with a doula you are making a commitment to call your doula when you are in labor, and that your intention is for your doula to be present at your birth. You understand what a doula does and does not do, and would like a doula present for your birth.

Release of Information

The client below gives permission to Wholly Mama Birth Doula (Amy Lynn) to share information regarding their health and healthcare choices with their providers involved ie: public health nurses, care providers, etc. should it be requested.

Photographic Release of Liability

This release is to be signed if you want any photos taken by Amy Lynn during your pregnancy, labor, birth or postpartum period. The doula will not take photos without signed consent. Photos may be graphic or nude due to the nature of labor and birth.

Should your photos be requested by Wholly Mama Birth Doula to be used for any publications, brochures, conference exhibits, website, social media, or articles for outside publication, you will receive that secondary request in writing via email or text. No photos will be posted without this secondary written permission. Should you decline, no photos will be shared with any parties other than those signed below. Should you accept, selected and approved photos may be used for any of the publications mentioned above.

I ACKNOWLEDGE AND CONSENT to the publication and/or display of any photographs taken of me and/or my baby by Wholly Mama Birth Doula for publications and brochures, website and social media outlets, conference exhibits, and/or articles for outside publication. I understand that by my consent, any photograph(s) in which I/we appear may be displayed at national, regional or state/provincial/area conferences, and/or may be transmitted with official Wholly Mama Birth Doula articles for outside publication. Also by being so transmitted, they may be susceptible to being copied, otherwise used, and perhaps altered.

I ACKNOWLEDGE that Wholly Mama Birth Doula is not liable to me or my heirs for any misuse of alteration of my/our photograph(s) by others. Further, I understand that if I decide to revoke my consent for publication and/or display of my/our photographs (or photographs of my baby), I must do so IN WRITING VIA CERTIFIED MAIL, to the following address: Wholly Mama Birth Doula, 987 Hawthorne Ave E St. Paul MN 55106.

You have the right to refuse photography at your birth. However, if you do not sign this agreement prior to labor/birth, I will not take photos without written permission.

I have read and agree to the following agreements:

Participation Agreement

Release of Information

Photographic Release of Liability

Client Name: _____ Client Signature: _____ Date: _____

Witness Name: _____ Witness Signature: _____ Date: _____

Doula Name: _____ Doula Signature: _____ Date: _____



Questions to ask your doula?

✓ What kind of training do you have?

35 hours doula training including breastfeeding, labor, birth and delivery. Prerequisites for the Masters of Nursing Program and Midwifery Program from the University of Minnesota. Additional DONA Breastfeeding class. Experience in over 200 births.

✓ What are your doula fees?

The average cost of a doula varies by region, but they often range from \$800 to \$2,500, with the average cost around \$1,200. My fee for a basic birth package is \$900. This includes one prenatal visit, unlimited text support, continuous labor support, delivery, and post-delivery follow-up. Some insurance companies/FSA/HSA will cover some or all of the cost of a doula, depending on your plan. The popular package is currently \$1050.

✓ Do you have a backup doula?

Absolutely. Emergencies and unexpected client births are the only reason I would not attend *your* birth. Vacations will not be planned around your special day.

✓ Do you do any visits before birth?

YES! As many as you'd like, depending on cost and time. Two visits before birth are preferable.

✓ Do you do any postpartum care/follow up?

I would love to help you settle into your new role, help with daily chores or errands, and support you through the changes. I'd be happy to do dishes, laundry, light cleaning, light shopping, massaging, bathing, or watching the baby so that you can do it yourself if you prefer.

✓ Can I email, text or call you with questions?

YES. We can talk any time when I am your doula.

✓ Do you have experience with birth complications?

Yes. I know enough to soothe the mother and her birthing partner through pain and nerves and I know when a doctor knows best. I have attended high risk births and births that have lasted more than 4 days.

✓ Have you attended a birth that ended in Caesarian?

Yes. Some planned, some unplanned, some emergency. But if you and your provider decide it is what's best for both you and the baby, we will work with what we are given, while staying as close to your birthing plan as possible.

✓ Why did you become a doula?

I became a doula because I wanted to give support to women when they needed it most. I wanted to be able to help women through one of the hardest and most beautiful experiences life has to offer and remind them that this is what their body was made to do. I want them to be proud of their choices and know that they have options. I want to provide them with all of the things I did not have in my own birth experience.

✓ Are you certified?

YES! Woot Woot! DONA International trained and certified.



✓ Do you have a time limit for long births?

Long births may require some short breaks for bathroom, food, or rest. Remember that those supporting the mother need to take care of themselves to better take care of her! For births lasting 12-24 hours or longer, we will assess the situation and call the backup doula so they are prepared to come in, should they be needed.

✓ When do I first call you? Is it OK if it's in the middle of the night?

Call anytime something new or different is happening so we can assess the situation. If you lose your mucus plug, or if your water breaks, or your contractions start, just shoot me a text (call if urgent) so we can talk about next steps. The sooner you call, the sooner I can rearrange my schedule to be with you.

✓ When do you come to the birth?

The goal is for me to come when you are in active labor (5-6 cm) however *I come when you need me*. Many first time parents are ready for support during early labor (3-5 cm) so we will be sure to be in contact during those early hours as well. I will always come when invited.

✓ How long will you stay after birth?

I will stay until up to 2 hours after birth.

✓ Will you come to my home or meet at the birth place?

I will plan to meet you at the birthplace - but I will come when and where you need support.

✓ How do you work with the birthing person's partner?

I can give massages, get food, take over so that they can nap, and help remind them how they can help you. I will show them how to be engaged and supportive of the one giving birth and give them suggestions for coping techniques.

✓ How do you work with midwife or doctor?

I am extra hands, eyes, and ears for the midwife, a translator and advocate for the parents, and general support for all. While the medical staff has other patients to tend to, I will be with you continuously and will be able to help facilitate conversations, without ever taking your voice.

✓ If you don't make the birth, do I get a refund?

If I don't make it to your birth (emergencies/births only), you will have a backup doula present and their payment will come from the original payment to the primary doula. If the backup is not available, you may receive a partial refund depending on prenatal visits, postpartum visits, and birth planning.

✓ Do you offer any additional services?

I can photograph or videotape. I also do belly casting, maternity shoots, labor photography, newborn photos, before and after sessions, etc. Additional services may be an additional cost.

✓ How do you approach birth?

I am a sucker for natural, holistic birthing techniques, but I know when medical intervention is the better choice. I can be gentle and encouraging, or I can be your enthusiastic cheerleader, I will follow your lead and emotional cues to take your birthing experiences to a joyful, peaceful, and loving place.



Payment and Confidentiality Agreement

The following agreement is hereby entered into between AMY LYNN, referred to as "I" and _____ referred to as "you," with the following conditions understood and accepted by both parties.

As a birth doula, I provide emotional and physical support to a woman and her partner and/or family during her labor and delivery. I can also facilitate communication with your care provider to ensure that you have the information you need to make informed decisions regarding your baby's birth. 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 your comfort. I am independent and self-employed, and so, I am working for YOU, not your caregiver or place of birth.

Before Birth:

I will meet with you and your partner before labor to become acquainted with you; discuss your priorities and any fears or concerns; present evidence-based information on the risks and benefits of common interventions and procedures used during childbirth; discuss your birth plans; and plan how we might best work together. I will also inform you of times when I am unavailable for labor support. We may also decide on other meetings and will remain in touch by telephone and/or e-mail communication. I will be on call for your birth and I will make every effort to be there. If you like, I can also help you write a birth plan based on your needs/wants as communicated to me. I will bring a copy of your birth plan with me to your planned birth place

During Labor:

I ask that you call me when you think you are in labor, even if you do not yet need me. This gives me time to clear my calendar for the next 24 hours. I can answer questions and make suggestions over the phone, and we can decide if I should come to you then or wait for further change. I can meet you at your home or your planned place of birth. I usually need approximately one hour to get to you from the time you ask me to come. Once you call me and let me know you'd like me to begin supporting you, I will make every effort to be there within in one (1) hour. Except for extraordinary circumstances, I will remain with you throughout your labor and birth.

After Birth:

Circumstances permitting, I will remain with you for one to two hours after the birth. I am available to answer questions about the birth or your baby, and I will schedule a postpartum meeting within a few days of the birth to visit you and the baby, review the birth, talk over breastfeeding and baby care and get feedback from you about my role.

Limitation of Services:

As a DONA-certified birth doula, I abide by the standards and scope of practice of DONA International.

As a doula, I do not:

1. Perform clinical tasks, such as taking blood pressure, fetal heart checks or vaginal exams. I am there to provide only physical comfort and emotional support and facilitate communication between you, medical staff, and care providers.
2. Make decisions for you. I will help you get the information you need to make an informed decision.
3. Speak to medical staff or providers on your behalf. I will discuss your concerns with you and suggest options, as well as encourage you and your partner to voice your opinions, questions and concerns to the staff.
4. Provide medical advice. I can direct you to resources that might help you answer your questions and make informed decisions on your own. If you have questions or want advice about your care or that of your baby, you should contact your care provider.

Extenuating Circumstance:

While it is always smart and helpful to have a plan, births do not always go according to plan. If you plan a vaginal delivery and a cesarean is performed after labor has already started, I will continue to provide support during the cesarean surgery (as allowed by hospital and/or doctor policies) as well as immediately after to help with your comfort and breastfeeding. I will also follow-up with you after the birth, as I do with all my clients. My full fee would apply. If you and your doctor decide that a planned cesarean is necessary (that is, a cesarean done before your due date and/or before the onset of labor), I will provide support during the cesarean (as allowed by hospital and/or doctor policies) and immediately after, as well as the additional follow up for my full fee. If you are having a birth center or home birth and need a transfer to the hospital, I will accompany you and continue to provide doula support there, if necessary. I cannot under any circumstances attend a planned home birth without a midwife or other care provider present. In the event of a precipitous birth in a location other than your planned birth place (such as home or a vehicle) when a care provider is not present, I will provide only emotional and mental support as outlined above.

Failure to Provide Services:

I will make every effort to provide the services described here. If my failure to attend your birth is due to my error, and a backup doula is not available, I will offer additional postpartum services in lieu of monetary reimbursement. If my failure to attend your birth is due to an error on your part (failing to call me, for example) I will retain the full amount paid and continue my services to completion. If I am not allowed to your birth due to hospital/provider policies, I will offer additional postpartum services in lieu of monetary reimbursement. If my failure to attend your birth is due to a rapid labor (baby is born less than one hour after you call me and ask me to come), I will offer an additional postpartum visit for support at no additional cost once you leave the hospital or birth center. This can include assistance with breastfeeding, laundry, cleaning, baby care, etc. My full fee applies. I reserve the right to call in a backup doula if your labor should last over 24 hours, or if extremely exhausted, but will make every effort to remain with you through the entire duration. Any other circumstances out of my control (weather, act of god, hospital policy, etc) that result in my absence at your birth or your voluntary termination of this contract will not be refunded, however additional postpartum support may be offered in lieu of monetary value.



Back-up Doula:

In the event that I cannot attend your birth, you will have a backup doula scheduled for our agreed upon fee. Their payment will come from the original payment to the primary doula at no extra charge to you. If the back up doula is unable to make it to your birth, and you are left unsupported, additional postpartum support may be offered in lieu of monetary value.

Additional Services:

I am happy to create a custom doula package for you that includes any and all combinations of the services I provide, including prenatal doula services, birth doula services, postpartum doula services, photography, videography, lactation education, additional prenatal or postpartum visits, or any other combination of services that is mutually agreeable to both you and I. All packages must be agreed upon in writing by all parties.

Release and Confidentiality:

You hereby give me permission to take notes about you and your birth, including personal information about yourself and your child(ren). This information may be shared with my certifying organization, DONA, as well as the backup doula. Signing this contract also gives me permission to discuss your pregnancy and birth with other birth professionals in both formal and informal settings. I will never use your name, your child's name, the date you gave birth or any other identifying information. A separate release of information, participation agreement, and photographic release are included in this package.

Responsibility of Client:

I ask that you inform me of any pregnancy-related or other health complications or conditions you may have, as well as any other special circumstances you might have or require. I also ask that you keep me abreast of what happens at your prenatal appointments from 36 weeks forward (if your cervix is dilated, any tests or procedures you might experience, anything your care provider seems concerned about, etc). Text, email and phone are all fine for contact. I also request that you inform your care provider that you have hired a doula. If for any reason you decide not to have me at your birth after you have signed this contract, I ask that you let me know as soon as possible.

Fees:

Fees are agreed to based on selected package, additional visits, and extra services. The total amount due is owed at time of contract unless otherwise agreed upon in writing. I accept cash, check (made out to "Amy Lynn"), PayPal (with monies sent directly to my email address mn.amylynn@gmail.com) or money order. Email me to set up a payment arrangement. If alternative means of payment, such as barter, sliding scale, or a payment plan are being used, they must be agreed upon in writing by you and I prior to the signing of this contract. Payment due is located at the bottom of this contract.

Liability:

In entering a contract for Doula (Labor Support) Services with Amy Lynn, I/We hereby acknowledge that during the performance period of this contract, services may be provided to me/us in my/our home, traveling to a medical facility, and/or hospital. I/We understand that Amy Lynn has a limited role pursuant to the description of tasks outlined in the above-referenced contract wherever services are provided to me/us.

Amy Lynn has not represented to me/us that contracting for services guarantees in any way a risk-free or emergency-free labor and birth experience. I/We understand that my/our doula(s) does not make medical decisions on my/our behalf, to include the decision when to seek medical care at a hospital when labor support services are provided in my/our home. When services are performed in a medical facility, I/we acknowledge that Amy Lynn is not responsible for the performance of clinical tasks to include medical decisions regarding the inclusion or exclusion of treatments available to me/us and my/our baby.

Now, therefore, in consideration of the above acknowledgements, I/we (both jointly and separately) on behalf of myself, ourselves, my/our heirs, administrators, personal representatives, executors, and assigns to RELEASE AND FOREVER DISCHARGE Amy Lynn from all damages or causes of actions, either at law or in equity, which I/we may have or acquire or which may accrue to me/us, my/our heirs, administrators, personal representatives, executors or assigns as a result of using the doula services of Amy Lynn. I/We intend this to be a COMPLETE RELEASE AND DISCHARGE them from all liability whatsoever.

I/We have read all statements contained herein and I/we fully realize that I/we are signing a COMPLETE RELEASE AND BAR to any claims which I/we have or believe I/we have resulted from our contract for doula services.

If we have previously agreed upon any changes or addendums to this contract, including but not limited to additional services or changes to the services outlined above, please copy and paste the terms of the agreement below:

We have agreed to a fee in the amount of: \$ _____

I/We have read this contract describing the doula's services and agree to enter into a client-doula relationship for pregnancy and birth.

PREGNANT PERSONS SIGNATURE: _____ DATE: _____

PARTNERS SIGNATURE: _____ DATE: _____

DOULA SIGNATURE: _____ DATE: _____



Doula Services Invoice/Receipt

Mail to: **Wholly Mama Birth Doula**
Attn: Amy Lynn
987 Hawthorne Ave E
St. Paul, MN 55106

Client Name:	
Consult/Enrollment Date:	
Prenatal Visit Dates:	
Delivery Date:	
Postpartum Visit Dates:	
Amount Due:	
Amount Paid:	
Notes:	

Doula Signature

Date



Post-Natal Data Collection Form

Information gathered here is essential for program development, evaluation, and promotion. Thank you for providing data for continued doula support. Please check response boxes accordingly and write an explanation next to "other" when applicable in provided spaces. Your signature implies to the best of your knowledge, you supplied accurate information.

Participant Information

Name: _____
DOB: _____
Pregnancy #: _____
Birth #: _____

Doula Information:

Name: _____
Labor Hours: _____
Zip Code: _____
Doula Matched Client Cultural Identity? Y/N

Birth Information

Program Type (if any): _____ Is Participant an Immigrant? Y / N Ethnicity: _____

Primary Caregiver:

- OBGYN (MD)
- Family Practice (MD)
- Midwife (CPM/CNM)
- Combination

Place of Birth:

- Home
- Hospital
- Birth Center

Present at Birth:

- Partner
- Doula
- Others:

Pregnancy:

- Normal
- Hypertension
- High Risk
- ECV
- Gestational Diabetes
- Breech > 32 Weeks
- Post > 42 Weeks
- Prem. < 38 Weeks
- Multiples
- Other:

Medications:

- None
- Epidural < 5cm
- Epidural > 5cm
- IV Pain Medications
- Nitrous Oxide
- Other:

Interventions:

- None
- Induction
- Pitocin
- Artificial Rupture of Membranes
- Doppler Auscultation
- Electric Fetal Monitoring
 - Continuous
 - Intermittent
 - Both
- Fetal Scalp Electrode
- Intrauterine Pressure Catheter
- Other:

Method of Birth:

- Natural / Vaginal
- Planned Cesarean Birth
- Forceps / Vacuum
- Unplanned Cesarean Birth
- Vaginal Birth After Cesarean
- Repeat Cesarean

Childbirth Education Classes:

Y / N

Wellness Services:

- Yoga
- Chiropractor
- Acupuncture
- Other:

Infant Birth Outcome:

- Normal
- Premature
- Stillbirth
- Birth Defect:
- Intensive Care:
- Other:

Infant Birth Weight: __ lbs __ oz

Infant Birth Length: _____

APGAR: ____ 1min ____ 2min

Breastfeeding: Y / N

Immediate Skin-to-Skin: Y / N

Infant with Birthing Parent:

- For < 30 Min after birth
- For > 30 Min after birth

Labor Length (hours): _____

Time/Date

Admitted: _____

Time/Date of Birth: _____

Time/Date Discharged: _____



Evaluation of Services

Birth Person's Name: _____ Baby's Date of Birth _____

Hospital or Birth Location, including city and state: _____

Doula's Name: _____

	More Harm Than Good	Neutral	Was a Big Help		
1. Were the techniques suggested by the doula helpful to the birthing person in handling the physical aspects of labor?		1	2	3	4 5
2. Were the techniques used by the doula helpful to the birthing person in handling the emotional aspects of labor?		1	2	3	4 5
3. Were the suggestions of the doula helpful for the partner/or other family members and friends present for the labor?		1	2	3	4 5
4. Overall, how would you evaluate the usefulness of having the doula present?		1	2	3	4 5

5. Do you have any other comments or suggestions?

What was your role?

Doctor Midwife Nurse Other staff

Mother Partner Other family Friend

Your Name (optional): _____

If you have further comments or questions, feel free to contact me at the address printed on the below.
987 Hawthorne Ave E St. Paul MN 55106