



The  
Nesting Place

Prenatal Classes and Doula Care

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## Outline of Doula Services and Contract

### Philosophy of Care

***“Birthing naturally means birthing in the way that comes naturally to YOU”***

Childbirth is unpredictable and can be challenging. We believe the best support is that which engages and prepares women and labour companions emotionally *and* informationally. Parents deserve support regardless of the path their labour takes, whether it’s vaginally or by cesarean, at home or in the hospital, short and intense or long and exhausting.

Our support is inclusive and compassionate. Care is LGBTQ friendly and embraces families of all walks of life!

### What We Do

The specific care we provide is unique to your personal preferences and therefore varies between clients.

Some things we may do with you include:

- Get to know your intentions for labour during our prenatal visits
- Advocate for your labour plans during labour and birth
- Provide basic breastfeeding and postpartum support
- Support birth partner during labour (take turns supporting mother so partner may eat, sleep, get fresh air, go to bathroom, etc. and providing guidance in moments when you don’t know how to help)
- Help with development of your birth plan if desired
- Provide well-rounded information about the advantages and disadvantages of medical support and labour procedures
- Offer non-medical alternatives for pain management (TENS machine, acupressure postures, stretches, breathing, birth ball, hot/cold press)

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Phone (416) 722-3814 Email [amanda@thenestingplace.ca](mailto:amanda@thenestingplace.ca) Web [www.TheNestingPlace.ca](http://www.TheNestingPlace.ca) Blog [TheNestingPlace.blog.com](http://TheNestingPlace.blog.com)

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## What We Do Not Do

- Clinical tasks of any sort (vaginal exams, blood pressure readings, diagnosis, recommend treatments, interpret charts, etc)
- Make decisions *for* you – we provide you with information to help you to make informed decisions for yourself and will support and advocate for your preferences.
- Speak for you or ask questions on your behalf – We will become familiar with your preferences for labour and birth and advocate for you. We can also help you think of questions for your caregiver, but will not presume to know what is right for you.
- Replace your partner – if you have a partner or birth support person that will be in attendance of the birth, we will work with their comfort levels to reinforce their role in the labour. A doula is no replacement for the love and history you may have with your partner.

## General Outline of Care

Included in our care package is the following:

- Two prenatal visits (not including the initial ‘meet me’ visit)
- Photoshoot with professional photography which may be used in pregnancy or postpartum (Value \$250)
- Manicure with Sunny Mummy Boutique and Spa
- One Acupuncture session with Mahaya Health
- Attendance of the entire labour and immediately afterward for 1-4 hours
- Two postpartum visits
- Unlimited phone support
- Access to library of books, videos and labour support tools

## Payment

Our fee is \$1000 +HST. A non-refundable deposit of \$250 is required. Your doula care is confirmed only upon receipt of your payment. You may pay this fee in full or with post dated cheques received and payable before your due date.

### **To complete registration, please complete the following steps:**

- fill out the online registration form

### **To the address on the form please mail:**

- a signed copy of the contract
- cheque for \$250 deposit
- post dated cheques for the remainder of the fee payable before your due date

A confirmation and receipt will be provided once these steps have been completed

### **What happens if my doula misses the birth?**

If your doula is unable to attend your birth because of unforeseen circumstances, you may make use of your back up doula. If the backup is used in the unlikely event that your preferred doula is unable to attend, it is required that you pay the full fee to cover the backup doula's services and time.

If your doula misses your labour because you do not call her or your labour is very fast, the full payment for doula services will be required.

Please remember, if you do not call your doula to attend your labour, please inform her of the birth so that she may provide the best postpartum care for you as possible.

### **Cancellation and Refunds**

If a client wishes to cancel doula care, 60 days notice is required to obtain any reimbursement. The amount reimbursed will be determined at the time of cancellation. The \$250 non-refundable deposit and any services provided by the doula previous to the cancellation will be deducted from the amount reimbursed. No refund is provided for cancellations within 60 days of the due date.

### **Agreement of Service Agreement Services**

I have read and understand the above explanation of services and agree that it accurately describes the content of our conversation.

Please circle your preferred doula. The remaining names will act as your backup doula support.

Amanda Spakowski  
416-722-3814

Melissa Herod  
647-588-3409

Deanna Blanshard  
416-882-1885

Client Signature: \_\_\_\_\_ Date: \_\_\_\_\_

Client Signature: \_\_\_\_\_ Date: \_\_\_\_\_

Doula Signature: \_\_\_\_\_ Date: \_\_\_\_\_

