

# Birth in Awareness



**Michelle Scharf**

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[www.utahdoula.com](http://www.utahdoula.com)

## Birth Support:

Support is defined as providing emotional encouragement, advocacy and physical comfort measures (adhering to protocols set forth by DONA, Doulas of North America) or any specialized training provided by the doula such as in the case of a licensed massage therapist, an objective viewpoint and assistance in accessing resources and information necessary to make informed decisions. Each woman is unique in her support and needs because of this clear communication is essential between you and your doula.

## Services:

- On call 24 hours a day one week before your due date until you deliver
- With you the entire course of your labor and birth (unless otherwise requested)
- One post partum visit, between day 3 and two weeks (unless other arrangements have been made)
- Any pictures or disks given at time of home visit (if this service was included)
- Available for phone consultations, referrals and other resources (up to 6 wks post partum)
- Birth Log, Notes or Story (this is dependant on individual doula and circumstance)

## Fee for Services:

Total fee will be due and payable upon 36 week of pregnancy. Fulfillment of birth support includes the following circumstances:

- Elective Cesarean (unless notified before the 36<sup>th</sup> week)
- Cesarean Birth with labor
- Expedient Labor or precipitous labor, where doula may not have time to arrive
- Epidural or pain medication where family rest allows for a break for the doula (with family approval)
- Family does not contact doula at the time of birth
- Induction of labor
- Labor support provided within 2 hours of request for services or special timeline based by verbal agreement between doula and family.

Upon acceptance of this contract the family agrees that the deposit will have been fully earned if the job is cancelled in its entirety or shortened in length prior to 36 weeks by the family. Partial refund of the fee may be claimed under special circumstances including prenatal loss or force of nature (i.e., blizzard, floods) in which no doula or backup was able to attend the birth.

Liability:

Birth in Awareness and or Michelle Scharf is not liable for events that include any agreements made outside this contract. Including care received from back up doulas.

Backup Services:

Your available back up doula is Twyla Cluster 334-8634, 791-6705

Satisfaction Guarantee:

While we do our best to help you have the birth that you desire, we cannot guarantee or predict the events that will unfold during your labor. Birth in Awareness and or Michelle Scharf, and or Twyla Cluster is not responsible for birth outcomes, medical indications, or care provider or hospital policy and can in no way change the choices by the provider or choices the family may choose to make during the birthing process. It is the role of the doula to preserve positive memories of the experience. The doula does not evaluate or diagnose medical care in any way.

Thank you for the opportunity to serve you and your growing family.

We, \_\_\_\_\_  
retain Birth in Awareness, Michelle Scharf and or Twyla Cluster, to provide doula support for the upcoming birth of our baby.

Birth Location: \_\_\_\_\_

Providers Name: \_\_\_\_\_ Phone: \_\_\_\_\_

Estimated Due Date: \_\_\_\_\_

Client Information:

Name \_\_\_\_\_ Partner/ Spouse: \_\_\_\_\_

Address \_\_\_\_\_

Phone: \_\_\_\_\_ Email: \_\_\_\_\_

**Birth Package Includes:**

- 1 Prenatal Visit - Identification of your needs
- Phone consultations throughout pregnancy and 6 wks postpartum
- 24 on call one week before due date until delivery
- Support during birth
- Post partum care until breastfeeding is established
- 1 post partum visit
- Guarantee backup doula services
- Free monthly childbirth seminars (based on availability)
- Extensive Referral network

Payment information:

Total Package Fee(s): \$ \_\_\_\_\_ Deposit \$150.00

Final payment due at/or before 36<sup>th</sup> week of pregnancy.

Pay by check to: Michelle Scharf 677 S. Mountain Rd Fruit Heights UT 84037

X \_\_\_\_\_ X \_\_\_\_\_  
(mother) (birth partner)

X \_\_\_\_\_ DATE \_\_\_\_\_  
(doula)