

Meagan Synnott

Birth Doula: Birth preparation, education & support. Breastfeeding support. Yoga: Pre & postnatal classes, workshops.



Swellmama



## What is a Doula?

"A doula is someone who provides non-clinical support and care to a woman (and her partner) during childbirth. Women have complex needs during childbirth. In addition to the safety of modern obstetrical care, and the love and companionship provided by their partners, women need consistent, continuous reassurance, comfort, encouragement and respect. They need individualized care based on their circumstances and preferences. To this end, a doula works with a woman and her family, physicians, midwives and nurses with an aim to enhance communication and understanding.

With a Doula present, the pressure on the partner is also decreased, allowing participation at an optimum comfort level and increasing the enjoyment of the birth of the baby. Ideally, the Doula and the partner make the perfect support team for the mother, complementing each other's strengths." Doula C.A.R.E. Inc.

## Why choose a Doula?

Studies show that with a doula present, labours are shorter, there is less need for medical intervention and there is greater maternal satisfaction with births. Doulas are true advocates for mom and dad and strive to ensure that they are prepared, informed and able to make educated decisions before, during and after labour. ACOG (The American College of Obstetrics and Gynecology) actually recommends:

***"Continuous labor support, including support provided by doulas, is one of the most effective ways to decrease the cesarean rate. The authors (of these recommendations) note that Doulas are probably under-utilized."***

### OUR SERVICES INCLUDE:

- 2 prenatal visits at family home
- 1 prenatal visit at clinic, or birthing centre (if desired)
- Access to extensive Lending Library
- Access to TENS machine and other comfort tools (1 free set of electrodes)
- Access to Birth Pool kit or pool liners if available (reduced price)
- Unlimited text / email support
- Birth preferences information, consultation, and creation
- Guidance on non-clinical pain relief measures including positioning, acupressure, massage, homeopathy and aromatherapy
- Enrolment in our Couples' Workshop "labour & birth preparation"
- Birth education including viewing of DVDs "Happy Healthy Child"
- Support during early labour
- Continuous support during active labour and birth
- Immediate postpartum support
- Birth photo journal/timeline and CD
- 1 postnatal visit at hospital (if desired)
- 1 postnatal visit at home

## Meagan Synnott

Birth Doula: Birth preparation, education & support. Breastfeeding support. Yoga: Pre & postnatal classes, workshops.

In addition to these basic services we also provide more 'in-depth' Doula / Birth Education and Preparation packages including either 8 week Birth Education classes or Weekend Intensives, Sacred Pregnancy workshops and classes, Sacred Birth Journey workshops and classes and written birth stories (beautiful keepsakes). Prices are detailed on our website and we are happy to discuss this further with you as desired!

# CONTRACT OF SERVICE

## GENERAL INFORMATION

Neither Kirsten nor Meagan are doctors, nurses or midwives. They do not offer medical advice. They do not perform clinical tasks. They are independently employed. They will be contracting for me, not the care provider or birthplace. They will support me during the pregnancy, labor and postnatal periods, in whatever choices I make. They will endeavour to create a positive experience and provide information to enable informed choices. Their main role is to provide suggestions to help labor progress, and guidance as concerns massage, positioning and other comfort techniques as appropriate, to support me.

## CORE SERVICES

### Prenatal Services include:

- 2 home visits covering; birth preferences information, consultation & creation; baby wearing; cloth diapering; breastfeeding basics; labour and birth preparation...
- 1 visit to clinic, hospital or birthing centre (if desired and mutual schedules allow)
- Unlimited email, text and phone consultation
- Guidance on non-clinical pain relief and birth preparation, partner support, acupressure, massage, positioning and comfort methods as well as information on various clinical interventions at local hospitals
- Free enrolment in our "Labour & Birth Preparation for Couples" workshops held at the Yoga Studios Calgary for first time clients
- A Birth Kit including Homeopathy for labour and birth, use of our Elle TENS machine for early labour through birth and of an acupressure massage tool
- Access to Lending Library - many of our favourite books and music
- Access to "Happy, Healthy Child" a complete and holistic birth education featuring world renowned experts (and our personal favourites) in the field and best practices based on the most current research. For more info see [www.happyhealthychild.com](http://www.happyhealthychild.com)
- Access to our Aquaborn professional birthing pools -subject to availability, discounted rental fees (-50%) applies
- 1 x birth pool liner if birthing at the South Campus at reduced rate (-50%) if available

### Labour and Delivery Services include:

- Intermittent support offered in early labour, including email, text, phone and home visits
- Continuous Doula support services are included through active labour and delivery. These may be offered at the client's home and/or at the birth place as desired
- Preserving a positive and peaceful birthing environment using non-medical support techniques (examples: acupressure, massage, counter-pressure, partner guidance, positioning and support, etc.)
- Maintaining a birth diary detailing significant events and milestones during the birth and creating a photo journal/timeline for your birth
- Taking photos through labour, birth and beyond and videoing the birth and first moments (if desired)
- In the unlikely event of our absence, we will do our best to provide a back-up Doula for you if you wish

### Postnatal Services include:

- Immediate postpartum support, up to 2 hours following the birth.
- Providing a keepsake birth story with photos/videos and a CD
- 1-2 scheduled postpartum visits. The client is responsible for scheduling these visits with Kirsten or Meagan based on mutual calendar availability.

## FEES

- The fee for this doula service, as itemized above under Core Services, is \$1350 for primiparous mothers (first time mothers or VBAC moms who have not laboured previously), \$1050 for multiparous mamas - ones who have previously laboured or birthed vaginally, (and a special \$900 rate for those mamas who have previously birthed with us!) To facilitate payment, we have broken this down into 3 instalments outlined below.
- A \$450 for primiparous moms / \$350 for multiparous non-refundable deposit is due at or prior to the first pre-natal visit. This non-refundable deposit is a global fee that secures your space with us (as we only take a limited number of clients each month) and entitles you to attend one of our Labour and Birth Preparation workshops for couples.
- A second non-refundable payment of \$450+GST for primiparous moms / \$350 +GST for multiparous is due at the first prenatal visit. This portion of the fee is a global charge that covers time and expenses for prenatal visits, phone/email support and all other potential services that may be provided before the birth.
- The final payment of \$450 for primiparous /\$350 for multiparous mamas, is due no later than 30 days before the EDD (Estimated Due Date). This portion of the fee is a global charge to cover any potential services that may be offered during the birth itself and for the postpartum visit, writing of the birth story and other services. This fee will be reduced by \$75 if parents pay for and attend the Birth Preparation workshop.
- Should services be retained within 30 days of the EDD, payment in full will be due immediately. If I decide not to use Kirsten/Meagan as my doulas after signing this contract, but prior to 4 weeks before our EDD, I will not incur any additional charges beyond the non-refundable deposits.
- If I decide not to use Kirsten/Meagan as our doulas within 4 weeks of our EDD, then the entire fee is forfeited and any payments contracted are due, if not already paid in full.
- Any additional time or services requested beyond what is outlined above will be charged at a rate of \$50/h and are subject to the availability of the Doula.
- In the event of an induction of labour, we will offer continuous active labour support. It is important to understand that induction changes the normal pattern of most labours. Should you wish to have us present with you before active labour begins we will join you, but if your labour extend beyond 12h with continuous support, you may be billed following the birth at the rate indicated above. We will absolutely offer intermittent support during early labour at no additional charge and will do our best to arrange for acupuncture or provide services to promote the start of labour naturally. We are happy to discuss this with you further and clarify if needed.
- If I fail to call Kirsten/Meagan (or alternate back up) to the birth, for whatever reason, Kirsten/Meagan will keep the retaining deposit fee and any remaining balance will be due and will not be refunded.
- If Kirsten/Meagan (or alternate back up) do not attend our birth due to unreasonable error, there will be no additional charges and any refundable monies will be returned. If postpartum services are still desired, then they would be provided as originally contracted at a rate of \$50/h.

## MY OBLIGATION AS A CLIENT:

- If I decide not to take full advantage of all the potential range of services outlined above, I will not request any type of refund from Kirsten/Meagan.
- I will notify Kirsten/Meagan of any relevant medical information for the pregnancy and impending birth (Group B Strep status, risk factors, pre-existing conditions, etc) so that they may prepare fully for the birth.
- I will call Kirsten/Meagan when I think I may be in labor, even if I'm not sure, so that Kirsten/Meagan may make arrangements to attend the birth. I will allow them up to two hours to drive to me.
- I will ensure that Kirsten/Meagan are listed as one of my support people at the birthing centre/hospital.
- It is my responsibility to understand my birthplace policies regarding privacy rights. I will not hold Kirsten/Meagan responsible if she is unable to contact me while I am at my birthplace via telephone or other.
- I am responsible for contacting Kirsten/Meagan after the birth to arrange for any desired postpartum visits.
- I will not verbally or physically abuse Kirsten/Meagan in any way. If this occurs, Kirsten/Meagan reserve the right to break this contract without recourse. They also reserve the right to revoke any further visits that were outlined in the original agreement.
- I understand that Kirsten/Meagan will make every reasonable effort to provide the services described here in this contract. If I decide not to take advantage of all of the services outlined, the fee remains the same. I will not request a refund or partial refund from Kirsten/Meagan.
- If I am not satisfied with the outcome of my birth (interventions, surgical birth, treatment by birth place personnel, etc), I will not hold Kirsten/Meagan responsible.

## **If a planned/elective cesarean birth is selected prior to the advent of labor - several options are available, either:**

- Kirsten/Meagan will attend the birth in the operating room as doula support (and will perform postpartum visits as mutually scheduled). It is your responsibility to check your hospital's policy as regards support persons allowed in the operating room.

- Kirsten/Meagan will provide pre-operative doula support and post-operative doula support (and will perform postpartum visits as mutually scheduled).
- Kirsten/Meagan will not be present at the hospital on the scheduled birth date, but will add one additional postpartum visit
- If we choose none of these options and wish to cancel doula services, then the refundable portion of the fee will only be returned if the decision is made prior to 4 weeks before the original estimated due date.

**In the case of a rapid (precipitous) birth or medical emergency:**

- It may be impossible for Kirsten/Meagan to provide all of these services. Kirsten/Meagan will arrive as quickly as possible to the birth or following the birth to provide immediate postpartum support and will provide the scheduled postpartum visits.
- Kirsten/Meagan will keep the deposit and the remaining balance will be due, if not already settled. Additional postnatal services will be made available as compensation if requested.

**I, THE UNDERSIGNED, STATE THAT I HAVE READ THIS AGREEMENT DESCRIBING OUR DOULA'S SERVICES AND AGREE THAT IT REFLECTS THE DISCUSSIONS I HAVE HAD WITH HER.**

Mother: \_\_\_\_\_

(Please print your name and sign above)

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

Partner: (if applicable): \_\_\_\_\_

(Please print your name and sign above)

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

Home Address: \_\_\_\_\_

Baby's Expected arrival date \_\_\_\_/\_\_\_\_/\_\_\_\_ Birthing at \_\_\_\_\_ (home/birth centre/hospital name)

Dr/OB/Midwife: \_\_\_\_\_

Date of contract : \_\_\_\_\_ Place of contract: \_\_\_\_\_

\*\*\*

*I, the undersigned, agree to make every effort to provide you with continuous support for the time you need it; to offer you guidance, physical and emotional support, but in no way to make decisions for you; to be your advocate; to facilitate the full participation of your support partner(s); to be there for you!*

Doula: \_\_\_\_\_

(Please print name and sign)

Date of contract : \_\_\_\_\_

Place of contract : \_\_\_\_\_

# CONTACT INFORMATION

**Meagan Synnott 403-863-1539 (Your lead doula)**

**Kirsten Wallace 403-875-1526**

**Kerri McLean: 403-969-9958.**

## **ALTERNATIVE THERAPISTS: (Recommended Specialists in prenatal & postnatal care)**

### **Chiropractic care**

- **Patricia Hort**, Lifestyles Wellness (free childcare and a wide selection of mama-care services) phone: 403-247-9301 #204 4616 Valiant Dr NW. Website: [www.drformoms.com](http://www.drformoms.com)
- **Dr. Marcy Kimpton, Motion Chiropractic** 1302 Edmonton Trail NE
- Holistic Institute for health and fertility: **NORTH**-150, 4411-16th Ave NW 403-984-3970/ **SOUTH**-143,14919 Deer Ridge Dr SE, Calgary, Alberta 403-455-8029
- National Spine Care (Marla Christensen) #140, 14 St NW. 403-270-7252 (wide selection of services here too)

### **Acupuncture**

- Colton Oswald, Cross Currents 403-450-3947 [crosscurrentclinic.com](http://crosscurrentclinic.com) Mariko & Alyson are equally fabulous!
- Gina Rino (at the Holistic institute mentioned above 403-984-3970)
- Dr Dai. Traditional Chinese Acupuncturist (very effective and hard core) 403-286-2182 (both a NW and SW location)
- Lynette James, Yoga Studio North (offering mobile acupuncture for induction/labour) 403-265-6295
- Ciara McNiff R.Ac: [ciaramcniff@hotmail.com](mailto:ciaramcniff@hotmail.com) (also offering mobile services) cell: 403-921-8731

### **Pelvic Floor Physio:**

- Katie Kenyon: 202, 1933 10 Ave SW (Yoga Therapy and Bodyworks) 403-609-4972

### **Placenta Encapsulation:**

- Susan Stewart: Pure Birth Services, 403-801-4081 <http://www.purebirth.ca>
- Marissa Dean: Phone: 403-560-6470 website: [www.facebook.com/abeautifulchildservices](http://www.facebook.com/abeautifulchildservices)

### **Homeopathy:**

- Xerion: Suite 150-4625 Varsity Dr NW, Calgary, AB T3A 0Z9 (403) 202-8507
- Cambrian Pharmacy: 728 Northmount Dr NW, Calgary, AB T2K 3K2 (403) 289-9181

### **Breastfeeding classes or support:**

- Calgary Mothers' Milkbank **FREE CLASS** 403-475-6455 or email [contact@calgarymothersmilkbank.ca](mailto:contact@calgarymothersmilkbank.ca) and leave your name
- Postpartum: the ALEX Breastfeeding Clinic. 101, 1318 Centre Street North, 403-266-2622 (extension 3) for more information

### **Great websites for information:**

- <http://evidencebasedbirth.com> and <http://www.scienceandsensibility.org>
- <http://www.bellybelly.com.au/birth> (brilliant resource answering pretty much every question a mama could have)
- <http://spinningbabies.com> (for optimal positioning and to understand how baby moves through your body)
- [www.happyhealthychild.com](http://www.happyhealthychild.com) (we will be loaning you these DVDs)

### **Great Books:**

- *Mindful Birthing* – Nancy Bardacke

## Swellmama

- *Ina May's Guide to Childbirth* – Ina May Gaskin (any Ina May book is great!)
- *Sacred Pregnancy* – Anni Daulter [www.sacredpregnancy.com](http://www.sacredpregnancy.com)

