



Service Contract

Contracted Services

An in person consultation at your home, my home office, or designated location for 30 mins with a required fee of \$30 due at the time of this in person consultation. If you hire me as your doula this fee will be applied to your total. If you opt out of hiring me then the \$30 will serve as payment for my time.

Birth Doula Clients will receive the following services:

- ❖ 4 prenatal appointments, 45mins to 1 hour long once per month. (includes an optional appt. with your doctor)
- ❖ I will be available to you via phone, text and email throughout your pregnancy for questions, concerns, and ideals you may need to bounce off me regarding your pregnancy during the hours of 9am - 5pm. .
- ❖ When you are in labor or you think you are in labor, **you must call** and not text me at **501-499-1043** for me to help access your labor.
- ❖ I will labor with you at your home (if needed or appropriate), then travel to the hospital in a separate vehicle to continue laboring with you until you give birth. It is very important that we use our time together wisely. So, I may move in and out of your labor space as need for optimal labor energy for all parties.
- ❖ This labor package includes 18 hours of labor and delivery support without additional charges. After 18 hours, an additional fee of \$15 per hour will apply.
- ❖ Once you deliver I will remain with you for 30 mins to 1 hour at the hospital or your home.
- ❖ I will call you within 12 - 24 hours postpartum to check on you and make sure things are going well.
- ❖ I will come to your home within 3 days of delivery for a postpartum visit and lactation appointment.
- ❖ I will check in by phone at week 3
- ❖ At week 4 to 5 we will have an additional in person follow up postpartum appointment.

Birth Doula Fee is: \$800.00 Sign Here: _____ Date: _____

Postpartum Doula Clients will receive the following services

- ❖ I will provide one prenatal home visit. During this visit, we will discuss your priorities for postpartum as well as any concerns or hopes you may have. This will include filling out the postpartum questionnaires so that we can take care of you to the best of our abilities.
- ❖ I will be available to you by phone, text, or email in the months and days leading up to your birth and throughout the postpartum service hours you have purchased.
- ❖ I will provide an initial visit within 12 - 24 hours of you giving birth, with subsequent visits to be planned during that time.

Postpartum Doula Fee is: \$360.00/ 12 hours of support. Additional hours available at \$30 per hour.

Sign Here: _____ Date: _____

Birth by Design Doula Services
Nicolle S. Fletcher * 501-499-1043
2652 Bruce Street Conway, AR 72034
birthbydesigndoulas@gmail.com
www.birthbydesigndoulas.com

Placenta Encapsulation Services, Clients will receive the following services:

- ❖ Instructions on how to ensure proper storage of the raw placenta and handling for the medical staff.
- ❖ Placenta pick up from the location of delivery. _____
- ❖ Drop off of the placenta capsules to your home or mailed depending on distance after 72 hour from pick up of the placenta. **be sure to discuss delivery arrangements.*

Provide Address here: _____

If your home address is more than 30 mins drive from my home address, your capsules will be mailed to your home instead of hand delivered.

Placenta Encapsulation Fee is : \$200.00

Sign Here: _____ Date: _____

Lactation Counselor Support, Clients will receive the following services:

- ❖ *I will provide all my birth and postpartum doula clients with 1 lactation visit included in their larger package.*
- ❖ *I will provide 1 in home lactation visit with 3 follow up phone calls for \$60.00.*
- ❖ *I can also provide a lactation package for \$240.00 (4 visits up to 2 hours long)*
 - *We will establish specific goals for lactation*
 - *Measure growth of your baby*
 - *Develop strategies for independent confident feeding solutions*

Lactation Package Fee is: \$240.00 One Time Lactation Fee is: \$60.00 Circle preferred lactation plan

Sign Here: _____ Date: _____

Closing of the Womb/Bones Ceremony, Clients will receive the following services:

I have become particularly interested in the process of nurturing a new mother once she has completed the birthing process. Closing of the womb/bones is a postpartum healing ceremony created to nurture the mother after giving birth and entering her new journey of motherhood. This practice is rooted in Mayan tradition to honor the new mother. Clients who hire me to provide this service will receive the following.

- ❖ *60-90 minutes of intentional nurturing of the new mother*
- ❖ *Herbal bath/soak*
- ❖ *Aromatherapy*
- ❖ *Abdominal Massage & Binding*
- ❖ *Closing of the bones with rebozo scarves*
- ❖ *Anointing of the head and feet of mother, Christian Prayer*

Closing of the Womb/Bones Fee is: \$100.00

Sign Here: _____ Date: _____



3 Week Childbirth Class Series, clients will receive the following services

3 consecutive weeks of childbirth preparation and education. Each class will be 2 hours long totaling 6 hours. I will cover phases and stages of labor, optimizing fetal position, comfort techniques, lactation and postpartum recovery.

3 WK Childbirth Class Series is \$100.00

Sign Here: _____ Date: _____

I am hereby entering into a contract agreement with Nicolle Fletcher of Birth by Design for the following services Birth Doula Support, Postpartum Doula Support, Placenta Encapsulation, Lactation Services, Childbirth Classes or Closing of the Womb/Bones Ceremony. Be sure to sign and date only for the services you are seeking from Nicolle Fletcher.

PAYMENT POLICY

Clients are required to make monthly payments with a minimum amount of \$200.00. All fees will be paid in full by the 36 week of pregnancy. Clients may make payments in the form of cash, check payable to Birth by Design, money order, and or credit card through paypal. Birth by Design will email an invoice once per month. There is a 3.3% service fee when paying through paypal. Your invoice will have the 3.3% added to your total, however if you make a payment in cash or check that 3.3% service fee is not required. If you do not make your monthly payment service will discontinue unless an arrangement is established.

REFUND POLICY

Birth by Design is committed to providing services to all our clients regardless of the staff, pregnancy, labor, postpartum change and or outcome. Birth by Design/Nicolle Fletcher will not offer a refund of fees for service under any circumstance that Birth by Design/Nicolle Fletcher is physically able on to provide services for. If Birth by Design/Nicolle Fletcher does not show up to your birth or arranged service, you are entitled to a refund for services not rendered. This includes fetal demise, premature births, unplanned cesarean sections, hospital policy or regulations and a change of heart on the part of the client.

LIABILITY WAIVER

I RELEASE, WAIVE, DISCHARGE, AND COVENANT NOT TO SUE Birth by Design Doula Services or any representative from any and all liability, claims, demands, action and causes of actions whatsoever arising of or related to any loss, damage or injury, including death, that may be sustained by me, or to any property belonging to me, while participating in physical activity, or while on or upon the premises where the birth and or postpartum services are being provided.

It is my expressed intent that this release and hold harmless agreement shall bind the members of my family and spouse, if I am alive, and my heirs, assigns and personal representative, if I am deceased, and shall be deemed as a RELEASE, WAIVE, DISCHARGE, and COVENANT NOT TO SUE the Birth by Design Doula Services/Nicolle Fletcher. I hereby further agree that this Waiver of Liability and Hold Harmless Agreement shall be constructed in accordance with the laws of the State of Arkansas.

In signing this release, I acknowledge and represent that I HAVE READ THE FOREGOING Waiver of Liability and Hold Harmless Agreement, UNDERSTAND IT AND SIGN IT VOLUNTARILY as my own free act and deed; no oral representations, statements or inducements, apart from the foregoing written agreements have been made and I EXECUTE THIS RELEASE FOR FULL, ADEQUATE AND COMPLETE CONSIDERATION FULLY INTENDING TO BE BOUND BY SAME.

Client: _____ Date: _____

Spouse/Partner: _____ Date: _____

Birth by Design/Nicolle S. Fletcher: _____ Date: _____

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