



Question: What is a doula?

Answer: A *birth doula* is a companion who provides people with continuous support during labor and birth.

Question: What does doula support look like?

Answer: *Physical support* from a doula includes the use of massage, pressure, and soothing touch. Doulas create a calm environment, assist with water therapy, and help keep you nourished with ice chips, food, and drinks.

Emotional support from doulas helps people feel a sense of pride and empowerment after the birth. Examples of emotional support include encouragement and praise, helping you see your situation more positively, keeping you company, showing that they care for you, and helping you debrief after the birth.

Doulas can also support you with *information* during pregnancy and birth. For example, they can guide you and your partner through labor and suggest techniques like breathing, relaxation, movement, and changing positions. Doulas help you find evidence-based information about your options, and they can help explain medical procedures.

As far as *advocacy* goes, most doulas will not speak on your behalf. However, doulas should support you in your right to make decisions about your body and your baby. They will also use advocacy techniques such as encouraging you to ask questions and speak up for what you want. Doulas can also enhance communication between parents and providers.

Question: What is the evidence on doulas?

Answer: There have been 26 randomized trials that tested the effects of continuous labor support on more than 15,000 people giving birth. Overall, people who receive continuous support are more likely to have a normal vaginal birth and less likely to have pain medication, negative feelings about childbirth, and Cesareans. In addition, their labors are shorter and their babies are less likely to have complications at birth

or be admitted to a NICU. In these studies, the best results occurred when the continuous support was provided by a trained doula—someone who was not a staff member at the hospital and not part of the birthing person's social network.

Question: How can doulas work with partners?

Answer: Ideally, doulas and the birth partner (i.e. spouse, partner, family member) work together to improve the mother's birth. Studies have shown that the most positive birth experiences for fathers/partners are ones where they have continuous support from a doula or midwife. In one important randomized trial, adding a doula to a supportive partner reduced Cesarean rates from 25% down to 13%. These differences were even more apparent with a labor induction. When labor was induced, the Cesarean rate was 59% with a partner alone, and 13% when partners worked together with doulas.

Question: What's the bottom line?

Answer: Of all the ways birth outcomes could be improved, continuous labor support seems like one of the most important and basic needs for birthing people. Research has shown that labor support from doulas is both risk-free and highly effective.

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“ Doulas should be viewed as a valuable, evidence-based member of the birth care team.”

1. Bohren, M.A., Hofmeyr, G., Sakala, C., et al. (2017). "Continuous support for women during childbirth." Cochrane Database of Systematic Reviews 2017, Issue 7. Art. No.: CD003766.
2. Johansson, M., Fenwick, J., & Premberg, A. (2015). "A meta-synthesis of fathers' experiences of their partner's labour and the birth of their baby." Midwifery 31(1): 9-18.
3. Jordan, C. (2013). "Therapeutic presence and continuous labor support." In Best Practices in Midwifery, Ed. by Anderson, B. A. & Stone, Sjourna. E.
4. McGrath, S. K. and Kennell, J. H. (2008). "A randomized controlled trial of continuous labor support for middle-class couples: effect on Cesarean delivery rates". Birth 2008; 25:3.
5. Morton, C. H. and Clift, E. G. (2014). Birth Ambassadors. Texas: Praeclarus Press.

Services Offered

Childbirth Education & Birth Prep

This course is comprised of 4 prenatal visits starting as early as 13 weeks. In order to get the most out of these appointments, there is required reading. These appointments are used to go over labor and birth as a physiological process to help prepare you to manage labor and birth without me present if purchased as a stand alone option. In CBE appointments, we would review labor prep/pain management, the process of birth, placenta birth, immediate postpartum care, basic infant care, and breastfeeding basics.

In-Person Doula Support

As a birth Doula, I pride myself on being by your side when you and/or your partner determine you need more support. Whether you are a first-time birther or veteran, birth often brings us to the end of ourselves. This is where you may desire the confidence, strength, and knowledge of someone outside of yourself that understands what you are processing. I provide emotional and physical support for the birthing person; in prenatal appointments, I also teach the partner/support person tools and techniques so they can also support the birthing person.

In our prenatal care appointments, we will review your goals, wishes, and determine things you may oppose. From there I can be your sounding board and trained support person to ensure you are informed, educated, and encouraged to speak to the care you receive. Birth is an amazing journey and I would love to help you navigate your journey. *(4 or more prenatal appointments, phone/text/email support, access to my personal reading materials, on-call support from 37-42 weeks, in-person labor and birth support, and 4 or more postpartum visits)*

**This package does require some sort of birth/family education. I highly recommend local out-of-hospital resources, online resources, in addition to local hospital classes if planning a hospital birth.*

Virtual Support

All care as listed in the In-Person Doula Support role but modified and managed through Facetime, Zoom, Text, and Video chats.

Hospital Support Fee

After attending local Hospital births it is very clear that there is far more advocacy, support, and work required to be done in a hospital than in a traditional home birth setting. Prevention of coercion, informed consent, benefit & risk-assessment, and advocacy for bodily autonomy are not standard practice in the hospital system. For that reason I charge an additional fee to bring these practices to you as I support you with a hospital birth.

Travel Fee (Apply to all Out of Area)

If you live OR plan to give birth outside of Santa Maria and Orcutt I charge a travel fee.

Alexandra Klein, Mother & Doula

I *firmly* believe:

- pregnancy is a physiological process and often does not need intervention
- there are occasions when medical intervention and management is necessary
- birth is a sacred passage where an infant is born and new parent is created
- postpartum recovery is best when honored, so I highly recommend a **slow is fast** mentality
- we are **SO MUCH** more than our pre-baby body
- our body and mind are capable of more than we will ever truly understand

I care for my clients with prenatal appointments, labor support, birth support, and postpartum visits. We will spend approximately 1.5 hours together for each of our appointments. With your postpartum visits, we ensure you are taken care of mentally, emotionally, and physically; I will also refer you out if there is something outside of my scope that you need assistance with.

Background & Doula Services

I am a Stay at Home Mom; other roles I have held include Human Resource & Benefits Specialist, Customer Service representative, Crossfit Gym Owner and Crossfit Lvl-2 Coach, USAW Sports Performance Coach, BIRTHFIT Coach Certified Birth Doula, Childbirth Educator, Middle School Resource Aid, Midwife Administrative Assistant, and Founder of the SMV Doula Collective.

However, my favorite role in this crazy world is being a Wife and Mom to four kids! My children were born in November 2014, December 2016, July 2019, and October 2021. My birth history includes an induction, episiotomy, and vaginal delivery of 8 lb 8 oz baby at Marian Regional Medical Center, Cesarean due to breech presentation with 8 lb 3 oz baby at Marian, Home birth VBAC in 2019 to a 9lb 12 oz baby, and Home birth VBAC in 2021 to a 9 lb 10 oz baby.

Notes/Questions:

<input type="checkbox"/>	_____	_____
<input type="checkbox"/>	_____	_____
<input type="checkbox"/>	_____	_____
<input type="checkbox"/>	_____	_____
<input type="checkbox"/>	_____	_____

Privacy Notices

I, _____, give my permission for Alexandra Klein, Doula, to take notes about me, including and not limited to personal information, health information, medical recommendations, information regarding the labor and birth of my child, and postpartum period.

I would like my Doula, Alexandra Klein, to share my health, pregnancy or other information with following individuals:

_____	_____
_____	_____

Your privacy matters to me. Your pregnancy, birth, and life with baby should be treated with intention and care. I use the following guidelines to ensure your confidentiality:

- I will not share your records with **anyone aside from those you listed above, as needed.**
- I will not discuss your records with **anyone aside from those you listed above, as needed.**
- I will not provide updates to family or friends about your pregnancy status, birth status, or postpartum status.
-

We, _____ (birthing person) and _____ (partner), the undersigned have read, accept and agree to the terms and conditions of this contract with Alexandra Klein, Doula, as written here.

Birthing Person Date Signed

Partner Date Signed

Doula Date Signed

Please complete all information listed here and initial every page.

Client Name: _____ DOB: _____
Last Period: _____ Regular Cycle Prior to Conception? Yes No
Date Conceived: _____ EDD: _____

*Your contact information and work information. I keep work information on hand just in case I need to notify them of your labor **per your request.***

Address: _____
Telephone: _____ Alternate Phone: _____
Email Address: _____
Occupation: _____ Employer: _____
Direct Supervisor Name: _____ Phone Number: _____

Partner, Children, Pets – Give me an idea of your household dynamics.

Partners Name: _____ Partners Phone Number: _____
Partners Email: _____ Partner Alternate Phone: _____
Children (Names & Ages): _____
Pets (Type, Name, Ages): _____
Other Household Members (Name & Ages): _____
Childcare Plan for Labor: _____
Petcare Plan for Labor: _____
People attending your birth: _____
Will you have a photographer present? _____

If needed, would you authorize Alexandra Klein, to share your health insurance information with a care provider? If yes, please list information below; Alexandra will redact all information after birth.

Insurance Carrier: _____ Type of Plan: _____
Group Number: _____ Medical ID: _____
Effective Date: _____ Subscriber Name: _____
Contact Phone Number listed on back of card: _____

This section will pertain to your medical history, any diagnoses you've been given this pregnancy, and will help me to be prepared to care for you.

Current Midwife:

Current Chiropractor:

Current Exercise Regimen:

Average Daily Water consumption:

Typical Food/Dietary patterns:

Any current supplements, medications, health concerns:

Gestational Diabetes/Irregular Glucose test:

Preeclampsia history:

Any previous pregnancies:

If yes, please list date of birth or date of loss:

Any prior traumas, injuries, or other events to be aware of:

Any other items you want to share:

Services & Prices

- Childbirth Education \$400 _____
- In-Person Doula Support (Santa Maria/Orcutt, Ca) \$ 1,600 _____
- In-Person Doula Support (Out of Area) \$ 1,600 _____
- Hospital Support Fee \$400 _____
- Virtual Support \$600 _____
- Travel Fees (Apply to all Out of Area) \$250 _____

TOTAL FEES DUE BY 37 Weeks _____

Payment amount includes services as laid out on page 2 of this document. I, _____, am hiring Alexandra Klein for the services selected above. Due to natural disasters, emergencies, and other unforeseen events Doula support may have to adjust; however this contract honors face-to- face birth support and/or virtual support depending on hospital and birth center policies. A non-refundable payment equal to at least \$500 must be submitted within 48 hours of when contract is signed to secure your due date; the remaining non-refundable payments should be made monthly so the full amount will be submitted no later than 37 weeks of pregnancy. Alexandra Klein, must be paid in full prior to 37 weeks of pregnancy. **Please note that these services are non-refundable.**

_____(birthing persons initials)_____(partners initials)_____(doula initials)

At the signing of this contract, it is assumed that none of us can anticipate the type of labor and birth you are going to have. As a professional, I can only contract with a small number of clients in any particular time frame. I am as committed to short laboring clients as I am to long laboring clients, and have been considered a tremendous asset to all of the families I have worked with; including those that are in need of a cesarean section as recovery, bonding and breastfeeding can be challenging in this case. Should the birthing person and/or partner fail to notify the Doula timely - via phone call, and the Doula misses the birth, the full fee will be retained by Alexandra Klein.

_____(birthing persons initials)_____(partners initials)_____(doula initials)

We, _____(birthing person) and _____(partner), the undersigned have read, accept and agree to the terms and conditions of this contract with Alexandra Klein, Doula, as written here.

Birthing Person

Date Signed

Partner

Date Signed

Doula

Date Signed

Birth Support Contract

_____ (the birthing person) and _____ (partner),
have discussed and reviewed our wishes for a birth doula. After this discussion and review the parties
agree as follows:

The Doula

- Alexandra Klein works for the birthing person.
- Alexandra Klein will support the decisions of the birthing person and partner within the limits of the doula's expertise and her critical thinking abilities, referring out when necessary.
- Alexandra Klein will remain with the birthing person once active labor has begun ***or once birthing person determines they need support.***
- Alexandra Klein **will not perform any medical procedures or make decisions regarding medical care** for the birthing person and/or baby.
- Alexandra Klein shall strive to create a calm and peaceful environment.
- Alexandra Klein will remain with the birthing person until at least one hour after the birth of the baby.
- Alexandra Klein will provide postpartum visits and will answer any questions within her scope and will refer out for any questions beyond scope.
- All parties acknowledge COVID-19 and the drastic changes this has created in the birth world. All parties understand and accept their obligation to comply with changes as needed. The parties agree to communicate without delay, any issues that may prevent them from performing their obligations under this agreement. All parties acknowledge that COVID-19 may require us to take safety precautions such as regular COVID testing, wearing PPE, and utilizing virtual services. These modifications will not change the contract and will not result in a refund of fees.

Birthing Person and Partner

I, _____ (birthing person) agree to contact Alexandra Klein at (805)363-3693 at the onset of labor, **upon any signs of impeding birth (abnormal cramping, bloody show, mucus plug, rupture of membranes, sudden and intense contractions, potential premature labor) OR as soon as I feel I need support.** I, _____ (birthing person) will advise where the doula should report to begin the labor support. The doula will report within three hours of the initial request.

We, _____ (birthing person) and _____ (partner), the undersigned have read, accept and agree to the terms and conditions of this contract with Alexandra Klein, Doula, as written here.

Birthing Person

Date Signed

Partner

Date Signed

Doula

Date Signed