

Bespoke Births (NZ)



SUPPORT SERVICE AGREEMENT: Birth Doula

Angela Ivory – Certified Birth Doula **CD(DONA)**, Certified Postpartum Doula **PCD(DONA)**, Lamaze Certified Childbirth Educator (**LCCE**), Diploma Homeopathy (**Dip Hom NZ**) **R.C Hom**, Certified HypnoBirthing Educator, NFNZ Accredited Natural Fertility Educator (**Adv. Dip Reproductive Health & Natural Fertility**), Registered Bach Flower Practitioner (**BFRP**).

As a certified birth doula, my role is to accompany the birthing mother (and partner, if applicable) in labour to help ensure both a safe and empowering birth experience in every way possible. I have completed all training and certification requirements through DONA International and Lamaze International. As your birth doula, I will draw on my professional training, knowledge and experience to provide emotional support, physical comfort and, as needed, communication with the staff to make sure you have all the information you need to make informed decisions as they arise during labour.

I provide reassurance and perspective to you and your birthing partner/support person, as well as make suggestions for labour progress, techniques to support you with relaxation, massage, positioning and other techniques for comfort e.g. use of the rebozo/Spinning Babies techniques (and homeopathic remedies/Bach Flower essences should you choose this as an option). As your birth doula, I am working for you, not your LMC or hospital/birthing unit.

LIMITATIONS AS YOUR BIRTH DOULA:

- I do not perform any medical or clinical care e.g. blood pressure, foetal heart checks or perform vaginal examinations. I am unable to make medical decisions for you – **I will help you** get the information you need to make an informed decision.
- I am unable to speak to medical staff regarding matters where health care decisions are to be made. **I will support you** in discussions with staff, making sure you fully understand and have the opportunity to voice your concerns, questions and to understand medical decisions.
- All medical queries or advice about your health care OR that of your baby, must be directed to your care provider (LMC).
- **Please note: I do NOT** attend freebirths under any circumstances. In the event of a midwife not being called at any time throughout the labour for a homebirth, I own the right to leave if I feel you have no midwife planned to be at the birth.

BEFORE LABOUR:

I will meet with you several times (see doula support packages) during your pregnancy to become acquainted, to explore and discuss your priorities and any fears or concerns. We will discuss your birth plan(s) and how we might best work together. I also want to know your own best ways of coping with pain and fatigue, and how you and your partner/support people foresee us working together.

ON-CALL PERIOD

The on-call period for a birth is from two weeks before your estimated due date to two weeks after your estimated due date – 38 weeks to 42 weeks.

During this period, I will be on-call for you at all times 24/7, and will ensure that I can be reached at any time. In the rare instance where I may need to turn my phone off during an on-call period, I will check hourly for any messages.

WHEN YOU ARE IN LABOUR

I prefer that you call me when you think you are in labour, even if you do not yet need me – the exception to this is: if your waters break at 1am for example, and all is well, you would wait until labour begins before you contact me. Usually, if this is the case and no contractions have begun, I ask that you call me between 5-6am to let me know, and this way I can cancel appointments etc. and ensure that I am available for you. I usually need 45 minutes to get to you from the time you request for my support. I will meet you at the hospital/birthing unit/or your home when you would like my support. Except for extraordinary circumstances, I will remain with you throughout your labour and birth.

SCHEDULED CAESAREAN

Occasionally a woman will have something arise during her pregnancy that requires a scheduled caesarean birth. If this decision is made two weeks or more before your due date, you may choose to cancel your services with no further payment owed beyond the deposit (which is non-refundable). Alternatively, you may choose to have me come with you and meet you at the hospital, accompany you during surgery or wait in the recovery room, and assist you in the first hours after your birth. This must be discussed and decided before or no later than 38 weeks into your pregnancy.

AFTER THE BIRTH

I will usually remain with you for around an hour after the birth of your baby, until you are comfortable. I will arrange to see you after you return home (if not birthing at home) about a week later, if you wish, to see how you, your family and your baby are doing, and to discuss the birth if you feel you would like to do so (debrief).

CLIENT RESPONSIBILITY

It is your responsibility to notify me as early as possible when you feel labour has commenced or if your waters have broken (***see when you are in labour regarding times to call.*) Failure to inform me may result in my delayed arrival. To provide you with the best service possible, having open and honest communication between us is essential.

FAILURE TO PROVIDE SERVICE: If I am unable to attend your birth due to extreme circumstances out of my control: (extremely rapid labour and birth, or your failure to notify me in sufficient time etc.), there will be no refund. Please ask me if you would like further clarification around this.

BESPOKE BIRTHS (NZ) - SUPPORT PACKAGES AVAILABLE:

DOULA SUPPORT PACKAGE A: ANTENATAL & BIRTH SUPPORT Includes: (Best option for first time mothers OR planning a VBAC)

- Introductory meet and greet (1hr)
- 3x antenatal visits (each visit approx. 2hrs) where you will learn about birth, parenting and comfort measures for labour and birth
 - Develop and write 2x birth plans
- Phone/ZOOM and/or email support during my service to you from time of booking (**between hours of 7am to 9pm only for phone or ZOOM calls)
- On call 24/7 from 2 weeks before and after your estimated due date of birth (38 to 42 weeks)
 - Available for 24/7 contact from onset of labour
- Physical and emotional support, from when you request care, on or after arriving at your home, the hospital/birthing unit for the duration of your birth
- 1 x postnatal visit (home/hospital/birthing unit) in the first 2 weeks following your birth (this is optional)

Investment:

\$1,450.00 inclusive

CONDITIONS:

- A non-refundable deposit secures your booking (please note – if you change your mind within 4 weeks of signing contract and paying your deposit, you will receive your full deposit back. This does not apply if you have had your first antenatal visit. If you have had your first antenatal visit and then changed your mind, you will receive back your deposit minus \$150.00).
- Balance of payment is due at 38 weeks. *Failure to pay the balance by this time means that I will not be able to be on call for you until such time that this has been paid in full.*
 - We/I have read the above service description and agreement
 - We/I agree that it reflects the discussion we/I have had with Angela Ivory
- We/I understand that by utilising Angela Ivory's support as a birth doula, there is no guarantee that the birthing mother will have the exact desired birth outcome
- We/I do not hold our birth doula, Angela Ivory, responsible for any unexpected clinical outcomes

DOULA SUPPORT PACKAGE B: BIRTH SUPPORT ONLY Includes:

(Good option for 2nd or subsequent births)

- Introductory meet and greet (1hr)
- 1 x antenatal visit (approx. 2hrs) where you learn about specific comfort measures for labour and birth/discuss birth plan
 - On call 24/7 2 weeks before and after your estimated date of birth (38 weeks to 42 weeks)
 - Available for 24/7 contact from onset of labour
- Physical and emotional support, from when you request care, on or after arriving at your home/the hospital/birthing unit for the duration of your birth
- 1 x postnatal visit (home/hospital/birthing unit) in the first 2 weeks following your birth (this is optional)

Investment:

\$1,200 inclusive

CONDITIONS:

- A non-refundable deposit secures your booking (please note – if you change your mind within 4 weeks of signing contract and paying your deposit, you will receive your full deposit back. This does not apply if you have had your first antenatal visit. If you have had your first antenatal visit and then changed your mind, you will receive back your deposit minus \$150.00).
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*** For Packages Option A and B includes the use of my massage creams/oils, organic aromatherapy oils for use during labour and birth.*

*** Photos and video clips will be taken at your request – please inform me if you wish to take this option up (no extra charge).*

ADDITIONAL SUPPORT OPTIONS:

- Homeopathic remedies are very beneficial and effective for minor ailments during pregnancy, labour, birth and the postnatal period. As a qualified, registered Homeopath – Dip Hom(NZ) R.C Hom, I offer the option of supporting you with Homeopathy for the duration of your pregnancy, labour, birth and postnatal period (up to 6 weeks)

- I hold several Homeopathic pregnancy kits, birthing kits and postnatal kits. Please talk to me if you would like further information on how we can incorporate Homeopathy into your package/plan. You can also purchase these kits at a reduced cost.

OPTIONS FOR HOMEOPATHIC SUPPORT:

- **Option 1 \$350.00 inclusive**

I offer full support from pregnancy, labour, birth and postnatal period for 6 weeks **(includes homeopathic remedies/Bach Flower essences – not the kits)**

- **Option 2 \$180.00 inclusive**

I offer support during your labour and during your **birth ONLY (includes homeopathic remedies/Bach Flower essences)**

Please note homeopathic remedies will be used in either liquid or pilule form. Includes the use of tissue salts e.g. Mag phos for exhaustion in labour.



DONA International is the world's premier doula organisation. They are the oldest, largest and most respected doula association in the world. Their founders are among the foremost experts on doula care, and DONA International certification is a widely respected measure of quality and professionalism.

They are an international, non-profit organisation of doulas that strives to have every doula trained and educated to provide the highest quality and standards for birth and /or postpartum support to birthing women and their families. To that end, they promote continuing education for doulas and provide a strong communication link among doulas and between doulas, families and the medical birthing community.

They are an amazing community with a shared passion for families that reaches around the world. DONA International doulas and the families they serve are in more than 50 countries.