

# Sibling Doula Contract

## BLISSFUL BIRTHING

### Sibling Doula Obligations

A sibling doula provides on call care and emotional support for older children during the birth of a sibling. This care can include caring for the child at the place of birth, bringing the child in/out of the birth room, facilitating the child's participation in the birth, and caring for the child outside of the birth room or caring for the child in the child's home.

The sibling doula will

- care for the child with love, compassion, and gentleness, and will endeavor to help him or her have a positive experience.
- be on call 24/7 to provide care at any time. In case of illness on the doula's part or if she is already at a birth, Blissful Birthing will provide a backup sibling doula support for you so that you are never without care. If the birth exceeds 24 hours, we reserve the right to call in a back up doula to provide better care for your child.
- arrive at your home within 90 minutes of being called by the parents that she is needed.
- meet your family at your birthing location or home and care for your child as specified in your Family Intake Sheet.
- bring a bag of coloring books, games, etc to distract the children during birth.
- answer texts or calls if parents request a check in for the children.

## Parent Obligations

The parents will

- facilitate a one hour meeting in which the sibling doula can meet the children and go over plans for their care during the birth. It is very important that everyone feels comfortable.
- **call** the sibling doula, *not text or e-mail*, when her presence is needed to care for the child and will allow her up to 90 minutes to arrive. If the doula does not respond, please call the agency at 859-533-4667. If you do not **call** the sibling doula for the birth (even if you text), we assume her services are not desired and will not be responsible for her not attending the birth. There will be no refund if you don't call us to come.
- provide snacks/food/drink for the child. The sibling doula can prepare any food you have in your home, but she will not herself bring food for the child to ensure no allergens are introduced to the child. If sibling service is done in the hospital, parent will either pack snacks for the child or provide cash for the sibling doula to get food for the children. The doula will not use the parents credit card or buy treats to be reimbursed later.
- fill out the form indicating any known allergies and emergency contact information for the child.
- text the sibling doula within one hour of birth to give an update.
- return home to care for children or arrange for someone else to relieve the sibling doula within 2 hours post birth. If the birth happens between 10 pm and 6am, the sibling doula will stay until 6 am at no additional charge.

## Sibling Doula Limitations

Sibling doulas do **not**:

- provide any medical care or medical advice and do not speak to medical staff
- transport any children or clients in their vehicle at any time.
- provide any foods from outside the home for the children in order to ensure that any special dietary needs (allergies, etc.) are taken care of. If the birth is long, the doula will eat (bring her own food) when the children eat meals, and will rest nearby when the children rest in order to ensure that she provides the fullest care and support possible.

## **Fees for Sibling Doula Services**

Sibling Doula Services are a flat rate of \$450 total and covers the entirety of your birthing time. The sibling doula will make every effort to come to you as quickly as possible once she is called, but requires a 90 minute lead time. If the birth is precipitous and she arrives within the specified 90 minutes, no refunds apply. If she is not called to come and provide services at the time of the birth, no refunds shall apply, as she has cleared her schedule and been available as agreed upon. If a force of nature or an act of God beyond our control prevents her from getting to you (such as inclement weather, icy or flooded roads), no refund shall apply. If the client does not need our sibling services during birth and informs the agency of the change in plan (24 hours before labor begins), \$300 can be used for other Blissful Birthing TN services within one month following the birth of the baby.

If parents want the sibling doula to stay on and care for the children post birth, there is an additional charge of \$25 an hour. The desired length of time for the doula to stay on will be worked out between the parents and the agency.