

Elizabeth Ellison  
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PH: 214.532.2261  
[www.doula-massage.com](http://www.doula-massage.com)

Doula Contract:

Doula is a Greek word meaning a woman who serves. She is usually older, has experienced childbirth herself, and now accompanies a younger woman in labor to help insure a positive birth experience. The pregnant woman's needs are her priority. A doula works for the client, not a care provider or hospital. A doula does not perform clinical tasks such as blood pressure or fetal heart rate monitoring; she does provide physical, emotional, and educational support for communication with the medical staff.

Elizabeth is a member of Doulas of North America, self-employed, and a licensed massage therapist.

References available upon request

Elizabeth's Services Include:

- Availability for questions and coaching in breath work, yoga, and body consciousness.
- A visit with your doctor to plan a positive experience.
- Creating a birth plan.
- Coming to your home once labor starts to help establish labor. I will be with you through labor and birth and remain until nursing is established.
- Commitment to your due date and to prepare you for your baby's birth. I plan due dates up to two weeks apart but realize there can be conflicts. If I miss your birth because of my personal conflict, I will refund \$400.00 In case of a rapid birth or medical emergency it may be impossible for me to provide these services. In such cases there will be no refund. If you have to have a planned C-section, I will be there with you and there is no refund.
- Cost is \$1000.00 to be paid when contract is signed.

Elizabeth Ellison, Doula

\_\_\_\_\_ Date \_\_\_\_\_

City \_\_\_\_\_ State \_\_\_\_\_

Doula Client

\_\_\_\_\_ Date \_\_\_\_\_

City \_\_\_\_\_ State \_\_\_\_\_