

# Stork & Sprout Services

## Letter of Agreement and Payment Options

Client Name: \_\_\_\_\_ Partner Name: \_\_\_\_\_

Address: \_\_\_\_\_

Client Cell: \_\_\_\_\_ Partner Cell: \_\_\_\_\_

Home Phone: \_\_\_\_\_ Phone (other): \_\_\_\_\_

Client Email: \_\_\_\_\_ Partner Email: \_\_\_\_\_

Doctor/Midwife: \_\_\_\_\_ Hospital: \_\_\_\_\_

Est. Due Date: \_\_\_\_\_

I/We have read the letter describing the services provided by Stork & Sprout and agree that it reflects the discussion we had with a member of our doula team. I understand I will be invoiced for balance payments according to the schedule below.

Client	Date	Client's Partner	Date
Doula			

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### Services requested from Stork & Sprout:

#### Birth Doula Services

- Beautiful Birth (Standard Birth Package) Total \$2,300 due upon signing contract
- Heavenly Birth (Standard Birth + 2 hour lactation + 8 hours overnight postpartum visit + Essential Oil for Labor Kit) Total \$3,000 due upon signing contract
- Estimated Parking/Taxi Charges: \_\_\_\_\_ to be added to applicable balance payment(s)

#### Postpartum Doula Services

- Coming Home Package (Six 4-hour day visits)       In for the Night Package (Six 8-hour night visits)
- (Deposit \$540 + Balance \$540 due after 3<sup>rd</sup> visit = \$1,080)      (Deposit \$720 + Balance \$1,440 due after 3<sup>rd</sup> visit \$2,160)
- Baby Bliss Package (Five 8-hour night & Five 4-hour day visits) (Deposit \$1000 + Balance \$1,700 due after 3<sup>rd</sup> visit \$2,700)
- Postpartum Hourly x \_\_\_\_\_ Hours (\$50 per hour)

### Add on Services

- In-Home Childbirth Education (\$100 per hour)       Breastfeeding Support (\$250 per hour)
- Placenta Encapsulation     Raw     Steamed    (\$350)       In-Home Private Yoga Instruction (\$125 per hour)
- In-Home Massage     Prenatal     Postpartum    (\$175)       In-Home Infant Massage Class (\$250 for 3 classes)
- Essential Oil Kit     Labor (\$40)     Postpartum (\$50)

\* Locations outside our basic service area will incur additional Mileage Charges (per visit)

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### Payment Choices

Postpartum and/or Customized Payment Schedule      Balance: \$ \_\_\_\_\_      Date Paid: \_\_\_\_\_

Deposit: \$ \_\_\_\_\_      Date Paid: \_\_\_\_\_

# Letter of Agreement

## Description of Stork & Sprout Services, Limits & Fees

### **As Your Birth Doula:**

During your visits before labor, our team of doulas will meet with you and your partner to become acquainted, to explore and discuss your priorities and any fears or concerns, and to plan on how we might best work together. Our session will focus on learning your best ways of coping with labor and how you and your partner foresee working together.

### **Contacting us when you are in Labor:**

We ask that you call us when you think you are in labor, even if you do not yet need support. The doula on call may need approximately **2 hours** to get to you from the time you ask her to come. The team contact may also answer questions and make suggestions over the phone and decide with you if you need support immediately, or wait for further change. Together, you will also decide where to meet you (at your home or the hospital). You must ask for in person support when you are ready. Except for the extraordinary and rare circumstances, a doula from our team will remain with you throughout labor and birth.

### **After Birth:**

Your doula will usually remain with you for approximately one hour after birth. Our doulas will help with the initial breastfeeding and tuck you in to get some rest.

We are available for phone contact to answer questions about the birth or your baby and would like to get together with you within two weeks after your birth to see how you are doing, to review the birth, to admire your baby, and to get feedback from you about our role.

### **Contacting your Postpartum Doula:**

If you are not using Stork & Sprout for birth doula services, we prefer that you call your postpartum doula when you think you are in labor. Once your baby is born, we can then determine the day you wish her to start. We are available to you via phone or email at any time before or after your deliver of your baby for questions regarding postpartum care.

### **As Birth and/or Postpartum Doulas, we do NOT:**

- Perform clinical tasks, such as blood pressure, fetal heart checks, vaginal exams, and others. We are there to provide only physical comfort, emotional support and facilitate self-advocacy.
- Make decisions for you. We will help you get the information necessary to make an informed decision and will also remind you if there is a departure from your birth plan.
- Speak to the staff instead of you regarding matters where decisions are being made. We will discuss your concerns with you and suggest options, but you or your partner will speak on your behalf to the clinical staff.

### **Refund Policy:**

Stork & Sprout has put a team of qualified doulas together to assist you in your birth and postpartum experiences. We take multiple clients per month & are committed to each client getting the best care possible. A benefit of our team approach is that we can assure you that one of our doulas will be at your birth and/or attend your requested postpartum hours. In a rare circumstance, this is impossible. If you purchase a postpartum package and do not use the entire package, your package will be prorated at the hourly rate of postpartum.

Payments are considered nonrefundable. However, if failure to attend your birth is due to our error, there will be no charge for our services and we will refund your fee in full. If our team does not attend your birth due to your failure to contact us, payment will be required in full for services. Once a doula is in your home or at the hospital to support you during labor no refund will be made.

If there are circumstances beyond anyone's control (e.g. a rapid labor or a medically-required cesarean) no further payment will be required beyond the deposit. Please note that should a cesarean birth be needed and scheduled prior to going into labor, Stork & Sprout also offers cesarean-support and we will be happy to discuss this option with you.

Your payment is to be made upon signing this contract.

*\*Late fee of \$100 applicable \*\*Late fees of \$50 per each payment.*

# Letter of Agreement

## Describing Placenta Encapsulation Services, Limits & Fees

### **Placenta Encapsulation Description:**

Placenta encapsulation is the process of preparing the mother's placenta after the birth of her baby. The purpose of placentophagy, the ingestion of the placenta by the mother, is to reintroduce beneficial vitamins, minerals, hormones, and other nutrients to her body following labor and birth. Desired benefits include: help restore a more balanced body function; increase breastmilk production; shorten healing time; increase maternal energy levels; and, provide an overall feeling of wellness to aid in the transition between pregnancy and the early postpartum period.

### **Limitations and Disclaimer:**

Stork & Sprout Placenta Encapsulation Specialists are not licensed medical professionals, and are not able to diagnose, treat or prescribe for any health condition. Services and fees are for the preparation and encapsulation of your placenta, not for the sale of the pills. No specific benefits or effects are promised, and if present, will vary from person to person. Although many of the ascribed benefits are well supported by anecdotal and evidence-based research, you understand that the act of ingesting placenta in any form has not been tested, nor approved by the FDA, and you ingest them at your own risk.

By choosing to utilize Stork & Sprout Placenta Encapsulation services, you take full responsibility for researching and using the remedies. Furthermore, by signing below, you release Stork & Sprout and all independent contractors from any and all liability for any affects you may experience after choosing to take the capsules.

### **Service Description:**

Stork & Sprout Placenta Encapsulation Specialists prepare the placenta according to Traditional Chinese Medicine principles, which involves gently steaming the placenta, slicing it thinly, and dehydrating it. When it is completely dry, it is powdered and encapsulated. Stork & Sprout Placenta Encapsulation Specialists have completed training in blood borne pathogens, maintain carefully sanitized equipment, and carry out proper cleanliness and preparation precautions to ensure the highest quality of placenta encapsulation possible.

### **Client Responsibility**

You take full responsibility to make an informed decision to have your placenta prepared for ingestion. You agree to notify your Stork & Sprout Encapsulation Specialist as soon after the birth as possible to make arrangements for pick-up of your placenta. It is your responsibility to discuss with medical staff release of your placenta from the hospital, and to ensure its storage in a cooler, refrigerator, or freezer. Failure to make these notifications may result in delayed placenta preparation, which may cause spoilage of the placenta, and/or render it unusable for encapsulation. It is your responsibility to inform Stork & Sprout of any known blood borne illnesses or other health issues that may present risk of infection through contact with bodily fluids, such as HIV, Hepatitis, or STIs. There may be circumstances under which your placenta cannot be used. \*In the event that the pregnant person is known to be GBS positive, your encapsulator will steam your placenta at 130 degrees for 30 minutes, before dehydrating it at 160 degrees for 24 hours. \*In the event there is a diagnosis, or a concern of chorioamnionitis or GBS infection, your encapsulator will not be able to process your placenta. Significant abnormalities of the placenta may necessitate your care provider sending your placenta to Pathology for further examination. Other conditions, such as signs of maternal infection during labor, may mean that consuming your placenta will not be beneficial to you. If in doubt, you will consult with your Encapsulation Specialist before proceeding.

### **Fees**

The fee for Placenta Encapsulation is \$350, which includes the preparation and encapsulation of the placenta, a storage container for capsules, written instructions for storage and handling, and guidelines for taking your capsules. An umbilical cord keepsake is also provided where possible. Payments may be made by personal check, payable to Stork & Sprout.

### **Refunds**

In the event your placenta is unavailable to you (e.g., sent to Pathology and not released) or if you change your mind and choose to terminate this contract prior to releasing your placenta, Stork & Sprout will refund the amount of \$300, keeping \$50 as a non-refundable retainer.