

**Ayurdoula  
Charlotte Sternkind Del Toro**

512.497.8276 Cell, 445.4922 Home, 328.0505 Office  
[www.ayurdoula.com](http://www.ayurdoula.com)

**At Infinity Wellness Center, 205 South Wild Basin Road, Suite 2B, Austin, TX 78746**

*Certified Doula, DONA International  
Hypnosis Certified Hypno-Doula, Hypnobabies  
Certified Infant Massage Instructor, IAIM-US  
Licensed Massage Therapist*

**CONTRACT**

I, \_\_\_\_\_ contract with Charlotte Sternkind Del Toro/Ayurdoula to provide Doula & Massage Services.

My birth due date is \_\_\_\_\_

My home address is \_\_\_\_\_  
\_\_\_\_\_

My contact numbers are : Home \_\_\_\_\_

Cell \_\_\_\_\_

Partner's Cell \_\_\_\_\_

Work \_\_\_\_\_

E-mail \_\_\_\_\_

My birth care provider (physician or midwife) is \_\_\_\_\_

Contact phone number for above is \_\_\_\_\_

Their office address is \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

My chosen birth location is \_\_\_\_\_

I have read and agree to the terms of the Birth Doula Scope of Practice Agreement (page 3 of this contract) \_\_\_\_\_ *initial*

If my scheduled Certified Doula cannot attend my birth due to an unexpected event, attending another birth, or illness, another experienced Doula will attend my birth.

The back-up Doula for my birth is \_\_\_\_\_

Her phone numbers are \_\_\_\_\_

If my Certified Doula or her designated back-up is unable to attend the birth because I do not call her, or give sufficient time to get to my birth, she will keep the On Call Birth Retainer Reservation fee of \$108. Fees for services already received will be deducted

according to the .pdf Birth Services and Fees posted on my website. Half of any remaining fees will be refunded, the other half of fees paid can be applied to post-partum support, bodywork, or infant massage instruction services.

If my birth goes over 18 hours, my doula may call in a back-up doula for temporary support and relief \_\_\_\_\_ *initial*

**Cancellation policy:** If I cancel labor support services 30 days or more before my due date, Ayurdoula will keep the birth retainer fee and return the remainder less services already provided. Fees for services already received will be deducted according to the .pdf Birth Services and Fees posted on my website. \_\_\_\_\_ *initial*

I am contracting for the circled package of Labor and Delivery Doula Services. This agreement begins on \_\_\_\_\_ and concludes 3 months after the birth.

|   |               |
|---|---------------|
| Lakshmi (Goddess of Prosperity) Birth Service Package   | \$ 1944.00 or |
| Rohini (Full Moon) Birth Service Package                | \$ 918.00 or  |
| Shakti (Divine Creative Feminine) Birth Service Package | \$ 540.00 or  |
| Partial pro bono/pro bono fees of                       | \$ _____      |

Total \$ \_\_\_\_\_

On Call Birth Retainer Reservation Fee of \$108 paid on: \_\_\_\_\_  
I will make \_\_\_\_ payments of \$ \_\_\_\_\_ remaining for a total of: \_\_\_\_\_  
Each payment is due on: \_\_\_\_\_  
*Balance must be paid in full 15 days prior to your due date.*

All checks are written payable to CHARLOTTE STERNKIND DEL TORO. All major cards are also gratefully accepted.

Paid by: Cash \$ \_\_\_\_\_ Check # \_\_\_\_\_

VISA MC Card # \_\_\_\_\_ CSV (\_\_\_\_)

AMEX DISCOVER Exp. \_\_\_\_\_ Signature \_\_\_\_\_

THANK YOU for selecting Ayurdoula/Charlotte Sternkind Del Toro to support you and your family.

\_\_\_\_\_  
Client date

\_\_\_\_\_  
Client's partner (if applicable) date

\_\_\_\_\_  
Charlotte Sternkind Del Toro, CD (DONA), LMT, CIMI date

**Central Texas Doula Association  
Birth Doula Scope of Practice Agreement**

Doula name \_\_\_\_\_

Patient/Client name \_\_\_\_\_

Hospital or Birth Center \_\_\_\_\_

Physician or Midwife \_\_\_\_\_

Central Texas Doula Association recognizes the importance of a good working relationship between birth doulas, physicians, midwives, and nurses in order to provide the best care for mothers and babies. This document outlines the scope of practice accepted by the Central Texas Doula Association.

**Scope of Practice**

**A. Services Rendered**

- The doula is a trained professional who provides continuous physical, emotional, and informational support to mothers and their partners before, during and after birth.
- The doula may help and advise on comfort measures such as breathing, relaxation, movement and positioning, and may use or suggest comfort measures such as massage, visualization, hydrotherapy, and the use of a birth ball.
- The doula may aid in the mother's understanding of medical procedures and treatment by encouraging communication between the mother, partner, or staff.
- The doula does not speak for the mother but may prompt her to ask questions regarding her care or treatment.

**B. Limits of Practice**

Doulas DO NOT:

- Perform clinical tasks such as, but not limited to, vaginal exams, assessing fetal heart tones or perineal massage.
- Diagnose medical conditions, offer second opinions, nor offer medical advice.
- Make decisions for the patient/client nor project their own values/goals onto the pregnant or laboring woman.
- Discourage the mother from her choices, including the choice for pharmacological pain relief.
- Interfere with medical treatment in the event of an emergency situation.

**C. Understanding of Medical Staff**

- The doula understands that the physicians, midwives and nurses are responsible for assessing the health and well being of the mother and baby, diagnosing and treating conditions as they arise, and focusing on the safe delivery of the baby.

**D. HIPPA**

- The doula adheres to patient confidentiality in accordance to the Health Insurance Portability and Accountability Act (HIPPA) regulations.

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By signing this document, the doula agrees to abide by the above guidelines set forth by the Central Texas Doula Association.

Doula's signature \_\_\_\_\_ Date \_\_\_\_\_