

Lanny Dowell
Doula & Parent Education Coordinator
6701 North Charles Street
Baltimore, MD 21204

Dear Expectant Parents,

Thank you for your interest in The Doula Touch program at GBMC. Enclosed you will find information that explains how Birth Doula, Postpartum Doula, and Massage Therapy support may benefit you and your family. The registration forms and documents for Birth and Postpartum Doula support at GBMC are also included.

We are a full service, in-house, staffed program. Our team has provided support for our families in Labor and Delivery for over 20 years. Through our staffing process, we can pass on the benefit of providing you and your family with personnel who have met our GBMC Employee Health requirements, completed yearly hospital competencies and advanced their skill set with in house department training and orientation education. Our birth doulas are GBMC staff members and therefore do not count as one of your visitors in Labor and Delivery.

Since requests for doula support can exceed our staff availability, please return your registration forms with a non-refundable deposit of \$150.00 as soon as you have made the decision to obtain our services, preferably before the third trimester. Later requests may be placed on our wait list. Upon receipt of your forms, I will contact you to confirm availability and timelines. A prenatal birth and/or postpartum interview will be scheduled 4-5 weeks prior to your due date. At that time, your doula team will provide you with their personal contact information for additional communication as we approach the big day.

We are looking forward to making your birth and postpartum experience a memorable one. Please feel free to contact me if you have any further questions.

My very best wishes,

Lanny Dowell
Doula and Parent Education Coordinator
443-849-6287
mdowell@gbmc.org

Doula Touch Program
Birth Doula Services & Massage Services
*Please review and sign for **Birth Doula Support***

Birth Doula & Massage Therapy services are designed to offer expectant parents continued comfort, support, and education. Doulas work to enhance your birth experience as non-clinical patient liaisons, encouraging partners and family members throughout the birthing process. Birth Doulas fully support your choice of a medicated or non-medicated birthing process.

Package 1 "Birth Doula Assistance" cost ~\$1100.

All GBMC Birth Doulas have attended Birth training courses in addition to Childbirth Education, Infant Care, Lactation Support and Massage education. During your labor and delivery, we provide education, relaxation techniques, breathing exercises, acupressure (noninvasive), visualization, labor and delivery positioning guidance and breastfeeding support. Through encouragement, support and personalized instruction, doulas assist partners and family members throughout the birth process enhancing your birth experience. Several comfort techniques include the use of birth balls, peanut balls, squatting bars, private showers, massage oils and massage tools. The goal is to move and move some more.

Package 2 "Cesarean Section Support" cost ~\$150.

Your GBMC Birth doula will arrive 1 hour prior to your scheduled c-section. She will help answer questions and concerns, provide emotional support, and offer relaxation techniques prior to your surgery. After the delivery she will assist in breastfeeding support if you choose to breastfeed. Cesarean doula support provides a constant presence of reassurance for you, your partner and family. If you choose to have pictures of the delivery or your newborn after the delivery, your doula will gladly be your photographer as well.

Package 3 "Pre and Postnatal Massage" cost ~ \$110. (1 hour)

Pamper and reward the expectant or new mother with a full body massage before or after the delivery. This service is offered in a private suite within the Parent Connection Department. A doctor's permission slip is required prior to service for any high-risk pregnancy or recovery concerns. Advanced appointment bookings- www.gbmc.org/parent under Bookeo.

Due Date: _____ First Baby: _____ Obstetrician: _____
 Name: _____ Age: _____ Partner: _____
 Address: _____ City: _____ Zip Code: _____
 Phone #: _____ Email Address: _____
 Medical Concerns: _____ Previous Doula Support (Name) : _____
 How did you hear about the GBMC "Doula Touch" program: _____

Registration Options: I plan to use The Doula Touch at GBMC and have included:

- ☐ My choice of package(s) # _____ including a non-refundable \$150 deposit with the remainder processed at 37 weeks. The deposit is not necessary for Massage services.

Registration will not be accepted without Credit Card Information

Signature: _____ Credit Card #: _____
 MC Visa Amex. Disc. Exp. Date _____ 3 or 4 digit ID # (front of your card) _____

The GBMC Doula Touch Program
Professional Birth Assistance and Liability Statement
Please review and sign for Birth doula support

This registration application is between The Doula Touch at GBMC and _____ for the purpose of providing birth doula support. The Doula Touch agrees to accompany you through labor and birth, providing emotional support, physical comfort measures, and enhanced communication with your medical team. Services include support with breathing techniques, relaxation, massage, acupressure, comfort techniques including suggestions for (labor and delivery positioning), breastfeeding support, resource information, and support for your birth preferences within the scope of your medical teams advice and guidance.

Our fee for attending your birth is \$1100. A \$150 non-refundable deposit is required upon submitting your registration. The balance of \$950 will be processed by your 37th week of pregnancy. We will contact you to arrange a birth interview about 4-5 weeks prior to your due date.

The GBMC Doula Touch Program is a non-clinical department within GBMC. Once you have been admitted to GBMC, following the guidance of your medical care provider and/or recommendation from your nursing team, please contact Lanny Dowell 443-882-0994 to activate the on-call doula team member. We strongly recommend allowing for your labor to build into a regular and effective pattern prior to contacting the doula team. This number is for registered clients only.

The Doula staff will make every reasonable effort to provide the support described above. **The Doula Touch refund policy:**

- Full payment will be retained for failure to contact the Doula Manager to activate support once you are in labor and admitted to GBMC. Guidelines will be provided during our birth interview process. Initial _____
- Refunds will be reviewed individually for: Rapid labors or Emergency Cesarean upon arrival to GBMC (not a pre-scheduled Cesarean) Initial _____
- Please review and sign the commonly answered question page as part of this agreement Initial _____

If doula support is not able to be provided due to weather conditions or the client has notified the office in advance of a scheduled cesarean, the client will be refunded the amount paid. All other refunds will be decided on a case-by-case evaluation.

I/We hereby acknowledge registration for Birth Doula Support through the GBMC Doula Touch. Services will be provided to me/us in the GBMC hospital setting only. The Doula Touch has not represented to me/us that this registration for his/her services guarantees in any way, a risk free or emergency free labor and birth experience. I/We understand that my/our doula does not make medical or nursing decisions on our/my behalf. The Doula Touch at GBMC is not responsible for the performance of clinical tasks to include medical or nursing decisions regarding the inclusion or exclusion of treatments available to me/us and my/our baby.

Signed

Date

Signed

Date

GBMC Doula Touch Program
Postpartum Doula Packages
*Please review and sign for **Postpartum Doula Support***
Great Baby Shower Gift

Postpartum daytime packages were designed to offer new mothers and family members continued in home support and education. We offer hours of respite care which affords time to catch up on sleep, enjoy sibling time, and relax while our trained team member cares for your family and supports the daily functions of your household.

Infant Care ~ Breastfeeding Support ~ Feeding options ~ Nursery and Home Organization ~ Safety Tips
 ~ Emotional Support ~ Sibling Care ~ Laundry ~ Meal Preparation ~ Balancing sleep patterns ~
 ~ Support and recommendations for Postpartum Blues/Depression and Anxiety ~
 ~ Light Tidying around the home ~ Errand Runs ~ Transportation ~ Companionship
 ~ Time for you and your partner ~ Rest

Support outside of the general Baltimore area will be reviewed on a case-by-case basis.

Package 1 "Fast Start"

4 hours (1 day of care)

Cost- \$140.

Package 2 "Confidence Builder"

12 hours of care (3 hours minimum a day)

Cost- \$420.

Package 3 "Total Reassurance"

20 hours of care (3 hrs. min. a day)

Cost- \$700.

Package 4 "Extended Care"

40 hours of care (4 hours minimum a day)

Cost- \$1400. **(Most Popular)**

Package 5 "Ultimate Elite"

60 hours of care (4 hrs. min. day)

Cost - \$2100.

Package 6 "Wake Me in the Morning"

Singleton \$280. Per night

Twins \$320. Per night

Individual daytime hours may be purchased for \$35 per hour for support with: Feedings and evaluations, infant care concerns, sleep schedules, pumping and returning to work, milestone visits, appointments, etc.

Due Date: _____ First Baby: _____ Obstetrician: _____

Name: _____ Age: _____ Partner: _____

Address: _____ City: _____ Zip Code: _____

Phone #: _____ Email Address: _____

Medical Concerns: _____ Previous Doula Support (Name) : _____

How did you hear about the GBMC "Doula Touch" program: _____

Registration Options: I plan to use The Doula Touch at GBMC and have included:

- ☐ My choice of package(s) # _____ including a non-refundable \$150 deposit with the remainder processed at 37 weeks.

Registration will not be accepted without Credit Card Information

Signature: _____ Credit Card #: _____

MC Visa Amex. Disc. Exp. Date _____ 3 or 4 digit ID # (front of your card) _____

The GBMC Doula Touch Program
Professional Postpartum Doula Assistance Registration
Please review and sign for [Postpartum Doula Support](#)

This registration application is between The Doula Touch at GBMC and _____ for the purpose of providing in-home Postpartum Doula services. Doula hours may be used prior to your upcoming birth for needs such as pre-term labor, bed rest, driving restrictions or just additional support needed at home.

Postpartum doulas provide non-clinical support to ante partum mothers, new mothers, and family members. Our services include errand runs, nursery and home organization, meal preparation, laundry, and transportation. We offer guidance in newborn care, sibling care, breastfeeding support, feeding options, and safety tips. Our mission is to provide families with education, emotional and physical support during your postpartum recovery.

A non-refundable \$150 deposit is required upon the submission of this registration and will be applied to the package selected. The balance of your package is due prior to the start of service. Should your account become delinquent, postpartum hours may not be guaranteed. All clients must provide a valid credit card at the time of registration. Payment for support will need to be paid prior to your scheduled hours. For long term cases, payment plans may be arranged at the discretion of the Doula Manager. If at any time your credit card is denied, support hours will be temporarily suspended allowing time for you to make the necessary payments.

Client agrees to contact the Doula Touch office within 48 hours of baby's birth to discuss your desired schedule for doula support. Immediate service cannot be guaranteed for pre-term deliveries or schedule changes.

As a courtesy to our dedicated staff and their non-compete agreement with GBMC, we kindly ask that you do not contact the Doulas for private additional hours or future cases. All scheduling must be completed through the GBMC Doula Manager. As your family continues to grow, we hope to provide future support services with the team you have grown to depend on and respect, through the "GBMC Doula Touch" Program.

We look forward to providing you and your family with positive emotional support and continued reassurance. You will be contacted upon receipt of your forms so that a meeting between you and your postpartum doula may be arranged.

Signed

Date

Signed

Date

The GBMC Doula Touch Program
Postpartum Interview
*Please complete and return for **Postpartum Doula Support***

Name: _____ Age: _____ Due Date: _____
 Partner: _____ Phone #: _____
 Address: _____ Community: _____
 Apartment Complex: _____ Email Address: _____
 Birth Site: _____ Pediatrician: _____ Obstetrician: _____
 First Baby? Yes or No Multiples? Yes or No Scheduled C-Section? Yes or No
 Are you planning on: Breastfeeding Bottle feeding Pump and Feed Formula Only
 Smokers in your Household: Yes or No Pets: Yes or No If yes type of pet: _____
 Name and ages of other children: _____

What areas do you feel a doula will be able to provide you with the greatest support:

Infant Care ~ Breastfeeding Support ~ Feeding options ~ Nursery and Home Organization ~ Safety Tips
 Emotional Support ~ Sibling Care ~ Laundry ~ Tidying up the household ~ Errand Runs
 Meal Preparation ~ Transportation ~ Companionship ~ Rest ~ Time with Partner
 Massage Services (additional)

1. Do you have any physical, emotional, or medical conditions we should be aware of?

2. Do you have family members, friends or hired support available to help you after the baby is born?

3. Do you or any family members have any dietary restrictions or food allergies?

Postpartum Schedule Desired

Please **estimate** the following information. We understand this may change and we will make every effort to accommodate your needs.

How long do you anticipate needing Doula care? _____ Days _____ Weeks _____ Months (Max 3 months)
 What time of the day are you looking for care? Morning Early Afternoon
 Directions to your home (using beltway 695): _____

Please list two emergency contacts with contact numbers:

The GBMC Doula Touch Program
Transportation Agreement

*Please complete and return for **Postpartum support** if transportation will be needed*

GBMC understands that many new mothers may not be permitted to drive for the first few days or weeks after delivery. As a result, you may require transportation to and from a physician's appointment or other siblings may require transportation to and from school or day care. This transportation may be provided by their assigned doula under the following guidelines:

1. Client agrees that their personal vehicle will be used for the transportation of any family members, friends, or relatives.
2. The assigned doula must consent to transporting passengers and must feel comfortable driving the client's vehicle. The car must be in good working order and up to date with repairs.
3. The client is responsible for the installation of all child safety seats.
4. The client is responsible for properly harnessing all children in a safety seat.
5. If the safety seat is not properly secure the doula team member is not certified to adjust the seat and will not be able to transport your baby. Please make every effort to have your car seat and/or base securely installed prior to your hospital discharge. Car seat installation is offered through the GBMC Parent Connection Program
6. The client understands that client's automobile insurance will provide primary coverage in the event of an accident or other claim.

Client's Name _____ Phone #: _____

Insurance Carrier: _____ Phone #: _____

Policy #: _____ Agents Name: _____

Client's Signature: _____ Date: _____

7 out of 10 parents think it easy to install a child safety seat. According to national statistics, 8 out of 10 child safety seats are incorrectly installed. If you are not comfortable with the installation and would like to have your child's safety seat installed please register for support through a state or national safety seat organization (KISS) 800-370-SEAT (7328) or review safety guidelines through AAP supported sites. <https://www.healthychildren.org>

Commonly Asked Questions and Policies
Please review and sign for both
Birth doula and Postpartum doula support

Are doulas licensed? There is not a national licensure process for a doula position. Doulas provide non-clinical birth and postpartum care. We are a full service, in-house, staffed program. GBMC doulas are hired through GBMC and are not subcontracted or independent care providers. Birth doulas do not count as visitors when providing care for your family in labor and delivery. We feel strongly about the care providers coming into your home. A background review, including references, is required for employment. Our team members must meet yearly competencies including, hospital vaccine requirements and health screening, HIPPA, Culture and Diversity, CPR training, Infant Care, Breastfeeding support, and Childbirth Education.

Insurance Coverage: We have been receiving great feedback regarding increased reimbursement. The GBMC Doula Touch Program is a non-clinical department within GBMC. We do not provide third party reimbursement. We will provide a detailed invoice for support used. Doula Programs do not have CPT or Diagnostic codes and are not participating providers for insurance carriers due to our non-clinical title. The invoice provided in no way guarantees that your insurance carrier will provide a reimbursement. Please contact your insurance company to review possible coverage including Flexible Spending programs.

Do you provide coverage on Holiday dates? We do not provide Birth or Postpartum doula support on the following Holiday days: *Thanksgiving Christmas Eve Christmas Day New Year's Eve New Year's Day Easter Sunday Easter Monday Mother's Day Labor Day Memorial Day Independence Day* A full refund will be provided to **Birth Doula clients** that deliver on a holiday.

Do you Provide Sick Care? We do not provide coverage if adults or children in the household are sick or have been sick within 48 hours of our scheduled care. This includes colds with productive mucus, flu symptoms, body aches, viral illness and/or fevers. Support will be resumed after the last family (sick) member has been clear of any symptoms for 72 hours and the recommended quarantine time established by the CDC has been completed.

Do you provide support during inclement weather? If accumulated precipitation or reports of freezing rain is expected, the doula staff will contact you to reschedule your postpartum dates. Once the main roads and roads in your neighborhood have been safely cleared, the doula support will resume. In the event of a snow emergency or dangerous road conditions, Birth Doula services will be cancelled, and client will be refunded. We do not provide postpartum support during a power outage.

Do you provide weekend coverage? Birth doulas **are** on call on weekends. Postpartum support is available Monday through Friday.

Who pays for private parking garage fees or metered parking? The cost for parking in a private garage or metered parking area will be billed to the client and reimbursed by the client. Receipts will be submitted and be attached with your hourly log invoice.

If I feel the need for additional postpartum hours, can my hours be extended? We will make every effort to extend your postpartum hours. Extensions will be based on availability.

Registration and Contacts -We recommend that you register at least 2-3 months prior to your due date so a birth and/or postpartum interview can be completed 4-5 weeks prior to your delivery. Please contact Lanny Dowell, the Doula Manager, with any questions. **Forms can be faxed, emailed, or mailed to:** GBMC Parent Connection Attn: Lanny Dowell 6701 North Charles Street Suite 2700 Baltimore, Md. 21204 mdowell@gbmc.org **Fax:** 443-849-8904

Schedule Changes? To avoid charges for scheduled hours, we respectfully ask you to provide your doula with 48 hours advanced notice of any schedule changes. Please keep in mind that your doula clears her schedule for your family. **All clients will be charged the full scheduled hours for any last-minute changes.**

Safety- Our doula team members adhere to the greatest level of safety standards and follow the safety guidelines provided through the American Academy of Pediatrics. We ask that our families, and the support team you have in place, make every effort to attend an in person or virtual Infant Care, Breastfeeding, Feeding Options and CPR course. These education formats come with a wealth of learned skills and guidelines. Safety adherences including a smoke and drug free home, baby always on their "BACK" to sleep, car seat safety, utilizing all safety harnesses with all appliance recommendations, etc. are a standard of care and requirements within our program. We look forward to enjoying this special time with you and hope to provide the resources and support for a continued healthy and happy outcome.

Signature_____ Date____ Signature_____ Date_____