

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 can 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 are able to pass on the benefit of providing you and your family with personnel who have been cleared through our employee health department and are up to date with all hospital required vaccines. 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 our availability and commitment. A prenatal interview will then be scheduled 3-4 weeks prior to your due date.

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 ~\$900.

All GBMC Birth Doulas have attended Birth training courses in addition to Childbirth Education, Infant Care, Lactation and Massage Therapy education. During your labor and delivery, we provide information, relaxation techniques, breathing exercises, acupressure (noninvasive), visualization, 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.

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 massage services 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. The GBMC program is staffed by certified massage therapists. This service is offered in a private suite in the Parent Connection. A doctor’s permission slip is required prior to service.

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: _____

Contract 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.

Contracts 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 agreement is between The Doula Touch at GBMC and _____ for the purpose of providing birth doula services. 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 as long as they do not conflict with the medical advice from your obstetrical staff.

Our fee for attending your birth is \$900. A \$150 non-refundable deposit is required upon signing this agreement; the balance of \$750 will be processed by your 37th week of pregnancy. We will contact you to arrange a birth interview about 3-4 weeks prior to your due date.

The GBMC Doula Touch Program is a non-clinical department within GBMC. Once you are in labor and have been admitted to GBMC, we ask that you contact the numbers provided during your birth interview or contact Lanny Dowell directly 443-882-0994. If you are admitted but not laboring, please follow the attached recommended guidelines for activating doula support.

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

- Full payment will be retained for failure to contact the Doula Coordinator to activate support once you are in labor and admitted to GBMC
Initial _____
- Rapid labors will be reviewed on a case by case if a doula member is unable to attend
Initial _____
- Emergency Cesarean upon arrival to GBMC (not a pre-scheduled Cesarean)
Initial _____
- Please include 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. Refunds will be decided on a case by case evaluation.

I/We hereby acknowledge that during the performance period of this agreement, services will be provided to me/us in the GBMC hospital setting. The Doula Touch has not represented to me/us that for contracting 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

Date

Signed

GBMC Doula Touch Program
Postpartum Doula Packages

Please review and sign for Postpartum Doula Support

Postpartum daytime and overnight packages were designed to offer new mothers and family members continued in home support and education. Our daily maximum for postpartum daytime support is 6 hours. Overnights are offered in 8-hour shifts. We offer hours of respite care which will allow you to catch up on sleep, enjoy time with other siblings, and relax, while our trained team member cares for your family and supports the daily functions of your household. GBMC Doula's are trained and experienced in providing:

Infant Care ~ Breastfeeding Support ~ Nursery and Home Organization ~ Safety Tips
Emotional Support ~ Sibling Care ~ Laundry ~ Meal Preparation ~ Light Tidying around the home

Errand Runs ~ Transportation ~ Companionship ~ Time for you and your partner ~ Rest

Package 1 "Fast Start"
Builder"

4 hours (1 day of care)
minimum a day)

Package 2 "Confidence

12 hours of care (3 hours

Cost- \$125.

Cost- \$360.

Package 3 "Total Reassurance"

20 hours of care (3 hours minimum a day)
day)

Cost- \$600.

Popular)

Package 4 "Extended Care"

40 hours of care (4 hours minimum a

Cost- \$1,200. **(Most**

**Package 5 "Ultimate Elite"
Morning" (Limited)**

60 hours of care (4 hours minimum a day)

Cost - \$1,800

Package 6 "Wake me in the

10pm-6am (8Hours)

Cost- \$240. Singleton

Cost- \$250.

Twins

Individual daytime hours may be purchased for \$30 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: _____

Contract 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.

Contracts 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 Agreement
Please review and sign for Postpartum Doula Support

This agreement 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, light tidying up around the home, laundry and transportation. We offer guidance in newborn care, sibling care, breastfeeding support, safety tips and emotional support. 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 agreement 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 the scheduled hours contracted. 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.

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 contracts and scheduling must be completed through the GBMC Doula Coordinator. 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 can be arranged.

Signed
Date

Date

Signed

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
Yes or No

Multiples? Yes or No

Scheduled C-Section?

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 ~ Feedings ~ 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)

How long do you anticipate needing Doula care? _____ Days _____ Weeks
_____ Months

What time of the day are you looking for care? Morning Early Afternoon Overnight

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 any and all child safety seats.

4. The client is responsible for properly harnessing any and 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.
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 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. All of our 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. As a hospital and as care providers we hope to provide the greatest level of care and education. Our team members must meet yearly competencies including, hospital vaccine requirements and health screening, HIPPA education, CPR training, Infant Care, Breastfeeding support, and Childbirth Education.

Insurance Coverage:

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 implies, suggests or makes any guarantee that your insurance carrier will provide a reimbursement. Many carriers have included doula support within their coverage plan, but each individual program has its own set of guidelines and restrictions for coverage. It is the client's responsibility to fill out any required documentation from their insurance company. Please review your Flexible Spending program to see if support falls under coverage.

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 Good Friday Easter Sunday 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. This includes colds with productive mucus, flu symptoms, viral illness and/or fevers. If any family member has been exposed to Covid-19 please let your doula know as soon as possible. Support will be resumed after the last family (sick) member has been clear of any symptoms for 48 hours or the appropriate quarantine time 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. If you should deliver during a snow storm and we are unable to provide you with birth doula support, a full refund will be issued. 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. If you have extenuating circumstances, please contact the Doula Coordinator.

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

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

Contracts and Contacts

We recommend that you contract at least 2 months prior to your due date so that a birth and/or postpartum interview can be completed 3-4 prior to your delivery. Please contact Lanny Dowell, the Doula Coordinator, 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 ask you to provide us 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.**

Signature _____ Date _____ Signature _____
Date _____