

The Sunny Doula

Support that feels like sunshine

Birth Doula Services Frequently Asked Questions

Payment

How does payment work?

- Per each package (excluding the pocketful of sunshine), a 25% deposit is required when you book. Each package has its own full payment due date which will be highlighted within your contract.

Do I accept payment plans?

- Yes I do! 25% of your payment must be paid when you book initially, but from there can be paid in 3 installments.

Do you take insurance?

- As a newly certified doula I am still navigating the world of insurance, and other payment methods families can use for doula services. Being certified through DONA does meet the criteria to use Carrot! Please look at your specific carrot coverage to see your family's personal plan.

Contracts and Deposits

- An intake form, and service agreement will be provided and must be read through and signed before services begin. This will be covered when you become a client, and the contract will be reviewed before your first prenatal, and then discussed in your first prenatal.
- A 25% non refundable deposit is required when you book.

Location

What areas do you serve?

- I am located in Charlotte North Carolina, and am willing to travel within 45 mile radius from this area. Traffic and timing may effect me reaching you during your labor, so consider what comfortabilty level you are on based on your delivery location!

Do you only do hospital births?

- No! Whether its at a hospital, free standing birth center, or home, I will support you where you are comfortable. For me to attend your birth, there must be a certified practitioner there for your delivery (OB/GYN, CNM, CPM).

Contact

What is the best way to reach you?

- If I am your birth doula the best way to reach me is by calling. Sometimes a text will be missed. My phone number will be shared upon booking. For any other inquiries email thesunnydoulact@gmail.com

Do doulas ever miss births?

- Even though it is rare, yes. If you have a fast labor, do not call your doula in time, or if there is an emergency on the doulas side this can happen. When booked, we will go over when to call your doula, how to reach me, and having a back up doula incase there is any emergency out of my control.