

Client Confidentiality Release

Confidentiality of medical and personal information obtained during the course of the doula's work is of the utmost importance. Failure to comply with these confidentiality regulations could result in penalties.

I (please print) _____ give my permission, for my doula, Tracy Hartley, or her designated backup doula from B*E*S*T Doula Service, to take notes about me, including personal information I choose to disclose to her, and information regarding the labor and birth of my child. I understand that my doula may use this information to provide me with a summary for my own personal use.

I will be giving birth at _____ Hospital. My doula needs to be informed of my medical and personal information and, therefore, I hereby request that the medical staff release to my doula any and all medical and personal information pertaining to my progress in labor and any and all health conditions which may affect the birth of my baby.

Signature: _____ Date: _____

Client Confidentiality Release

Confidentiality of medical and personal information obtained during the course of the doula's work is of the utmost importance. Failure to comply with these confidentiality regulations could result in penalties.

I (please print) _____ give my permission, for my doula, Tracy Hartley, or her designated backup doula from B*E*S*T Doula Service, to take notes about me, including personal information I choose to disclose to her, and information regarding the labor and birth of my child. I understand that my doula may use this information to provide me with a summary for my own personal use.

I will be giving birth at _____ Hospital. My doula needs to be informed of my medical and personal information and, therefore, I hereby request that the medical staff release to my doula any and all medical and personal information pertaining to my progress in labor and any and all health conditions which may affect the birth of my baby.

Signature: _____ Date: _____

Using Your B*E*S*T Relaxation CD to Prepare for Your Birth

DO NOT LISTEN WHILE DRIVING. This CD is designed to supplement doula services and is not meant for any other purpose.

The endorphin release anchor should be listened to 4 or more times. Test to see if it is working by squeezing the anchor spot – you will feel the endorphin rush when it is working.

The relaxation script must be listened to at least 21 times, preferably 21 consecutive times. You may listen before taking a nap, before going to sleep, when you wake up in the middle of the night and can't get back to sleep, or any time you need to relax. The script is less than 15 minutes long. The more you listen during your pregnancy, the more relaxed you'll be during labor.

The relaxation script is repeated in three versions – the script is identical for each version. The first is voice only and can be used with your own music in the background or you may prefer just listening to the voice. The other two versions are ocean sounds and night sounds – use whichever one is most appropriate with your safe place. If you fall asleep while listening, it will still work for you!