



Release for Social Media Update

ALL THE INFORMATION RELEASED WILL BE CONFIDENTIAL.

NO NAMES OTHER THAN MEDICAL STAFF WILL BE USED.

_____ **I give permission for my doula to update her status on Facebook regarding my birth.**

le: "Heading off to a birth" or "Just back from a beautiful birth. Such great support from Doctor Queenan and Laura the nurse"

_____ **I give permission for my doula to update her status on Twitter regarding my birth.**

*See above example.

_____ **I give permission for my doula to share my birth story as an example to her students or other clients if applicable.**

_____ I understand I am giving permission to disclose information about myself and family and that it will be anonymous.

_____ I do not give permission to disclose any personal information about myself and family.

Signature

Date