

## **Letter of Agreement Describing Doula (Labor Support) Services, Limits and Fees**

As a doula, I will draw on my knowledge and experience to provide emotional support, physical comfort and, as needed, communication with the staff to make sure that you have the information you need to make informed decisions as they arise in labor. I will provide reassurance and perspective to you and your spouse, make suggestions for labor progress, and help with relaxation, massage, positioning and other techniques for comfort. As your doula, I am working for you, not your caregiver or hospital.

As a doula, I do not perform clinical tasks, such as blood pressure, fetal heart checks, or vaginal exams. I am with you to provide physical comfort, emotional support and advocacy. I do not make decisions for you; rather I will help you get the information necessary to make an informed decision. I will also remind you if there is a departure from your Birth Plan. I will speak to you instead of the staff regarding matters where decisions are being made. I will discuss your concerns with you and suggest options.

I prefer to meet with you twice before labor to become acquainted, explore and discuss your priorities and any fears or concerns, and plan how we might best work together. We will create a Birth Plan, including your preferences regarding options and the use of pain medications. I also want to know your own best ways of coping with pain and fatigue and how you and your birth partner foresee working together. I am available for phone and e-mail contact during your pregnancy, with 24-hr support during the two weeks preceding and following your due date.

I will also inform you of times when I am unavailable for labor support. To cover those times, I will arrange one or more back-up doulas.

I prefer that you call me when you think you are in labor, even if you do not yet need me. I can answer questions and make suggestions over the phone. We will decide if I should come right then or wait for further change. We will also decide where to meet - at your home, birth center or the hospital.

I usually remain with you for one to two hours after birth, until you are comfortable and your family is ready for quiet time together. I can also help with initial breastfeeding.

I am available for phone and e-mail contact to answer questions after the birth of your baby and would like to get together with you at least once postpartum when it is convenient for you, to see how you are doing, to process the birth and to get feedback from you about my role.

I will make every effort to provide the services described here. Very rarely, this is impossible (for example, with a rapid labor). If my or my backup's failure to attend your birth is due to our error, I will refund my fee minus \$150, to cover prenatal visits, handouts and phone contact. If I miss your birth due to your failure to call me, the fee is due in full. If the birth turns out to be a Cesarean delivery, whether scheduled or not, my fee is due in full.

