

Letter of Agreement Describing Doula Services, Limits and Fees

What is a doula?

As a birth doula, I draw on my professional training, 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 can provide reassurance and perspective to you and your partner, make suggestions for labor progress, and help with relaxation, massage, positioning, and other techniques for comfort. I am independent and self-employed. As your doula, I am working for you, not your caregiver or hospital.

Before labor

I will meet with you and our partner at least once before labor to become acquainted, to explore and discuss your priorities and any fears or concerns, to discuss your birth plan and to plan how we might best work together. I also want to know your own best ways of coping with pain and fatigue and how you and your partner foresee working together.

I will also inform you of times when I am unavailable for labor support. To cover those times, I will arrange another qualified back-up doula whom you may also meet.

We may also decide on other meetings (such as accompanying you to a prenatal appointment) and will certainly want to remain in touch by telephone and/or e-mail.

When you are in labor

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. I usually need approximately one hour to get to you from the time you ask me to come. Except for extraordinary circumstances, I will remain with you throughout labor and birth.

After birth

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

I am available to answer questions about the birth or your baby and would like to get together with you within a few weeks to see how you and your baby are doing, to review the birth, and to get feedback from you about my role.

As a doula, I do not:

1. Perform clinical tasks, such as blood pressure, fetal heart checks, vaginal exams, and other. I am there to provide only physical comfort and emotional support.
2. Make decisions for you. 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.
3. Speak to the staff on your behalf. I will discuss your concerns with you and suggest options, but you or your partner will speak directly to the clinical staff.

Failure of a doula to provide service

I will make every effort to provide the services described here. Sometimes this is impossible (for example, with a rapid labor). If my failure to attend your birth is due to my error, there will be no charge for my services and I will refund the fees. If it is due to circumstances beyond anyone's control or your failure to call me, I will keep the retaining fee, but there will be no further charges.

Fees

My fee for the services described here is \$600, to be paid as follows:

\$200 due as a retaining fee

\$400 due at 2 weeks postpartum.

I/We have read this letter describing the doula's services and agree that it reflects the discussion we had with her.

Date _____

Doula

Cheryl Steiner
4969 Cleveland Rd.
Wooster, OH 44691
330.345.1199 (h)
330.957.2262 (c)

Client

Client's partner

Address

Phone(s)