



## **Letter of Agreement Describing Birth Doula Services, Limits, and Fees**

### **What is a doula?**

As a doula, I accompany women in labor to help ensure a safe and satisfying birth experience. I have received education for the doula's role from DONA, International and I am currently a certified member of above named organization. I 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 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.

### **Choosing a Doula**

I am open to interviewing with you and your partner, either in phone or in person, to talk about your plans for birth, my role as a doula, and other questions you may have. At that time, we can discuss fees (sliding scale fee is available). This meeting does not obligate you to use my services, but if you do select me, then I will want to set up an additional meeting before your labor begins to become familiar with your Birth Plan, including your preferences regarding management options and the use of pain medications. I will 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 for one or more back-up doulas whom you may also meet. Of course, you have as much choice over your back-up as your primary doula.

### **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. We will also decide where to meet – at your home or the hospital. Except for extraordinary circumstances, I or my back-up will remain with you throughout labor and birth.

### **Post Partum**

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 breast feeding, if necessary. I am available to help with photographs, if desired.

I am available for phone contact to answer questions about the birth or your baby and would like to get together with you within one to two weeks to visit with you and your baby, to talk about your birth, and to get feedback from you about support during labor.

**What Doulas Do Not Do**

*As a doula, I do not:*

- Perform clinical tasks, such as blood pressure, fetal heart checks, vaginal exams, etc. I am there to provide physical comfort, emotional support, and advocacy.
- 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.
- Speak to staff instead of you regarding matters where decisions are being made. I will discuss your concerns with you and suggest options, but you or your partner will speak on your behalf to the clinical staff.

**Failure of a Doula to Provide Service**

I will make every effort to provide the services described here. There are some occasions in which it may become impossible for me to attend your birth (such as illness or travel), but those are rare. In that situation, I will make every effort to provide you with back up doula support. I have a regular back up doula support. In the rare situation that either myself or my back ups are not able to attend your birth, I will keep the retainer portion of the doula fee, but refund the remaining previously paid doula funds from my business account.

If due to circumstances which involve you choosing not to call me for support, refunds will not be offered.

**Fees**

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

\$\_\_\_\_\_ as a retainer fee, due when you select me/us as your doula.

\$\_\_\_\_\_ balance due before 38 weeks.

*Option to pay entire fee up front is also available. All fees can be paid via Paypal or checks can be made payable to Beautiful Birth Choices and either mailed or given to your doula at appointments.*

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

\_\_\_\_\_  
Client Date

\_\_\_\_\_  
Client's Partner Date

\_\_\_\_\_  
Doula Date

Back-Up Doula: \_\_\_\_\_

*\*This form is a modified version of a similar form by DONA, International.*