



Antepartum Letter of Agreement

Describing Doula Support, Services, Limits and Fees

Services Provided

- 24/7 antepartum phone support (as needed)
- Make sure mother is fed, well hydrated and comfortable
- Household help
- Emotional, Physical, and Informational support
- Sibling care
- Meal preparation
- Errand running
- Miscellaneous tasks as requested
- Referrals to professionals such as, massage therapist, photographers, etc.
- Relaxation techniques visual imagery, guided meditation and more
- Resources such as websites and support groups, books and magazines

What does an Antepartum Doula do?

What an antepartum Doula does changes from day to day, as the needs of the Mother and family change. The Doula is trained to assist women and their partners that are considered to be experiencing a high-risk pregnancy. They will provide practical emotional, physical and informational support to the mother and her family. The Doula's role is to listen to the woman's feelings and daily experiences and to help take away the maternal concerns of having a high-risk pregnancy and of possibly being on bed rest. The Doula will also do many of the practical duties that the woman would do on an average day. The antepartum Doula's goal is the empowerment of the family.

What Doulas do not do?

I do not offer any form of medical advice for mother or baby. I can offer a referral if I feel medical advice is needed. I do not perform any clinical tests on mother.

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What hours will I work?

I am willing to be flexible and to work any hours that you feel you may need my services. We will need to discuss your needs and the times that I am available to work.

Fees

\$25.00 per hour.

Payment is due at the time of service. We can work out a payment schedule if there is a need for it. If you are considering many hours of antepartum care we can talk about a flat rate rather than hourly .

I will make every effort to provide the services described above and or those that we have agreed upon. When we agree on dates and times for my services I will make every effort to be there. Sometimes this may be impossible (for example, if I have a client that is in labor). If this occurs we can either reschedule or I can call my backup and see if she is available.

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

Client's Signature

Date

Spouse/Partner Signature

Date

Tammy Uva

Date