

## BIRTH/LABOR LETTER OF AGREEMENT



### **Describing Doula Support, Services, Limits and Fees**

#### Services Provided

- Two prenatal visits to discuss desires and preparation for birth
- Phone support as needed during pregnancy and postpartum 24/7
- Assistance in creating a birth plan
- Labor support at home and/or hospital
- Emotional, Physical, & Informational support during labor & birth
- One Postpartum visit by me
- One Postpartum phone call by me.

#### **What is a Doula?**

A Doula accompanies women in labor to help them have a more satisfying birth experience. She provides emotional, 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. A Doula 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. Doulas are independent and self-employed. I work for you, not your caregiver or the hospital.

#### **When you are in Labor**

Please call me when you think that you are in labor. I can answer questions and make suggestions over the phone. At this point together we can decide if you need further assistance or if we should wait for further change. We will also decide where to meet either at your home or the hospital. I will arrive at the agreed location as quickly as possible, at most no longer than two hours. Except for extraordinary circumstances I will be with you during your labor and birth. If for some reason I cannot attend, you can request that my back-up be with you.

#### **C-Section**

If you have a scheduled C-section I will attend your birth and provide prenatal and postpartum services as described herein.

#### **After the Birth**

I will 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, if necessary.

## BIRTH/LABOR LETTER OF AGREEMENT-page 2

### **Postpartum**

I will call and visit you within two weeks of your baby's birth, to see how you are doing, to review the birth, to admire your baby, and to get feedback from you about my services. I am also available by phone if you should have any questions.

### **What Doulas do not do?**

As a Doula, I do not perform clinical or medical tasks, make decisions for you or speak to the staff instead of you regarding matters where decisions are being made.

### **Failure to Provide Service**

I will make every effort to provide the services described herein. Sometimes this is impossible (for example, with a rapid labor). If due to extraordinary circumstances, I or my back-up fails to attend your labor/birth a partial refund will be considered.

### **Fees**

\$600.00 (includes a \$200.00 non-refundable retainer fee)

\$400.00 remainder due at 38 weeks. Whether I am with you for a few hours or a few days, my full fee is due and payable. If the baby is born before this time, payment is due within ten days after the baby's birth. If an induction or C-section is scheduled, payment is due before the scheduled date. If I, or my backup fails to attend your birth a partial refund will be considered.

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

---

**Client's Signature**

**Date**

---

**Spouse/Partner Signature**

**Date**

---

**Tammy Uva**

**Date**