**LETTER OF AGREEMENT**

**Birth Doula Services 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 Doulas of North America and am currently completing the requirements for my certification. I draw on my knowledge and experience to provide emotional support, physical comfort measures, and assist you, the client, to gain information needed 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 and as your doula I work for you and not your caregiver, hospital, or birth center.

**Choosing a doula:**

I prefer to meet with you and your partner at least once before signing an agreement to become acquainted and to explore and discuss your priorities, fears or concerns, and to plan how we might best work together. At that time, we can discuss my fees. This meeting does not obligate you to use my services, but if you do select me I want to become familiar with your birth plan. I want to be knowledgeable about your preferences regarding pain relief options, medical procedures, comfort methods, and any other considerations about your birth. I want to be familiar with the best ways for you to cope with stress, pain, or fatigue, and how we may apply them to labor and birth. We will be in contact by phone and will preferably meet other times prior to labor. I will inform you of any times when I am unavailable and who I have arranged for back-up doula support in my absence. However, I prefer you to select your own back-up doula.

**When you are in labor:**

I prefer that you call me when you think you are in labor, even if you do not need me at that time. I can answer questions and make suggestions over the phone. We will decide if I should come right then or wait for further changes. I usually need approximately \_\_\_\_\_\_\_\_\_\_\_\_\_\_ from the time you ask me to come. We will decide where to meet, at your home or the place where you are giving birth. Except for extraordinary circumstances, I or my back-up will remain with you throughout your labor and birth.

**After birth:**

I usually remain with clients for one to two hours after birth until you are comfortable and your family is ready for quiet time. I can also help with initiating breastfeeding. After the birth I am available to answer questions about the birth or your baby and would like to get together with you within one to two weeks following the birth. I want to see how you are doing, review the birth if you are ready to do so, and to get feedback from you about my role.

**What doulas do not do:**

As a doula I do not:

* Perform clinical tasks or clinical evaluations.
* Make decisions for you. I will help you get the necessary information for you to make an informed decision. I will remind you if there is a departure from your birth plan.
* Speak to medical staff on your behalf.

**Failure of the doula to provide service:**

I will make every effort to provide doula services. However, there are circumstances where it is impossible to attend a birth, such as a very rapid labor. If I decline to come to your home, hospital, or birth center when you request me and I miss the birth, there will be no charge for the labor and 50% of the retainer will be refunded. If it is due to your decision or failure to call me, then the fees will remain the same.

**Fees:**

My total fee for the service described here is \_\_\_\_\_\_. A retainer fee of \_\_\_\_\_\_ is due when you select me as your doula. The remainder of the fee is due in full within one month following the birth.

I/we have read this letter describing doula services and agree that it reflects the discussion we have had and I/we agree to such service.

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Client Date Client’s partner Date

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Doula Date Backup Doula Date