

Letter of Agreement Describing Doula (Labor Support) Services, Limits & Fees

What is a doula?

As a birth doula, I accompany people in labor to help ensure a safe and satisfying birth experience. I have completed training approved by DONA International and have worked with over 165 families as of October 2024. I draw on my professional training, knowledge and experience to provide emotional support, physical contact, and as needed, communication with the staff to make sure 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 your partner two or more times before labor to become acquainted, to explore and discuss your priorities and any fears or concerns, to discuss your birth preferences 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 one or more qualified back-up doulas whom you may also meet.

We may also decide on other meetings and will certainly want to remain in touch by telephone and/or email. In the case of unusual circumstances, we may also meet before labor begins virtually. Zoom or FaceTime are examples of platforms we might use.

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 at the hospital. Except for extraordinary circumstances, I will remain with you throughout your 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 will refer you to a certified lactation consultant or other qualified resource if I am unable to help with specific breastfeeding issues.

I am available to answer questions about the birth and would prefer to check in with you around days 2-5, days 7-10 and week 3.

As a doula, I do not:

1. Perform clinical tasks, such as blood pressure, fetal heart checks, vaginal exams, and others. 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 preferences.
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. Exceptions include reference to your birth preferences and physical needs (request for fluids, birth ball, etc.).

Failure of a doula to provide services.

I will make every effort to provide the services described here. Sometimes this is impossible, for example, with a rapid labor of 1 hour or less *or* travel 'warning' implemented by Monroe County or applicable county if traveling outside of Monroe County; in these 2 circumstances I will retain the deposit and refund the remainder. If it is due to your failure to call me or your baby is born between when you called me and less than 1 hour later, there are no refunds for either the deposit or the remainder. 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 deposit and the remainder. If a back-up doula is used, then it is implied this contract applies to her services, as well.

Fees

My fee for the services described here is, to be paid as follows (total \$1500):

_____ \$800 is due when you select me as your doula.

_____ \$700 is due by your 36th week.

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

Date _____

Client signature _____

Partner signature (if app) _____

Email _____

Email _____

Cell # _____

Cell # _____

Doula Amy Beck amydeebeck@gmail.com / 812-219-6177

Additional Postpartum Planning & Support

Beginning January 2025, Olive Tree Birthing birth doula clients will have the opportunity to expand their postpartum planning by working with *Gentle Waters Postpartum Caretaker* Sydney Spencer. Amy and Sydney see the importance of postpartum planning, which often includes considering how one will get rest, *nourishment* and other support.

Part of your birth doula fee will be paid onward to Sydney, and you and Sydney will work together on your plan for *postpartum nourishment*. The hope is that you will receive *postpartum nourishment* between days 1-14 postpartum. Sydney will contact you via email to begin your postpartum nourishment planning once you are an established Olive Tree Birthing doula client. From there you will be able to choose which type of nourishment you would like to receive and make a plan for receiving it in the postpartum period. Unless you state otherwise, Amy and Sydney will communicate with one another when labor has started and/or when your baby is born so that Sydney can best plan when to deliver the *postpartum nourishment selection(s)* you've made.

If you choose not to have *postpartum nourishment*, the cost of your birth doula fee remains the same and no refunds will be given as a result of opting out of receiving *postpartum nourishment*.