LETTER OF AGREEMENT
DESCRIBING DOULA (LABOR SUPPORT) SERVICES, LIMITS AND FEES

What is a doula:
As a birth doula, I accompany women in labor to help ensure a safe and satisfying birth experience. I have completed training approved my DONA international and have the following experience: Twenty-five additional births. I draw on my professional training, 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, positing 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 at least once before labor to become acquainted, to explore and discuss your priorities and any fears or concerns, to discuss your birth plan 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 e-mail.

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. 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, the hospital or the birth center. In most circumstances, I will remain with you throughout labor and birth.

In the case of a long labor:
As your doula, I want to support you with the highest level of care. If I have been working with you for more than 24 hours and baby's arrival is not imminent, I reserve the right call in a back-up to help you continue your labor.

After birth:
I usually remain with you one or two hours after birth, until you are comfortable and your family is ready for quiet time together. I will also help with establishing breastfeeding if necessary.

I am available to answer questions about the birth or your baby and would like to get together with you within a few weeks to see how you and your baby are doing, to review the birth and to get feedback from you about my role.

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 and informed decision. I will remind you if there was a departure from your birth plan.
3. Speak to the staff on your behalf. I will discuss you concerns with you and suggest options, but you or your partner will speak directly to the clinical staff.

(continued over)

Failure of a doula to provide services:

I will make every effort to provide services described here. Sometimes this is impossible (for example, with a rapid labor). If my failure to attend your birth is due to my error there will be no charge for my services and will refund the retaining fee. If it due to circumstances beyond anyone's control or your failure to call me, I will keep the retaining fee, but there will be no further charges.

Fees:
My fee for the services described here is, to be paid as follows:

_____ as a retainer fee, due when you select me as your doula.

_____ due with in two weeks after the birth.

_____ TOTAL FEE

I/We have read this letter describing the doula's services and agree it reflects the discussion we had with *Kimberly M. Greenway* (Doula).

CLIENT   CLIENT'S PARTNER

Kimberly M. Greenway   DATE
DOULA