



# Doula Contract

**Ashley Walburn MFT, Jessica Sexton PRS**

## **Letter of Agreement Describing Labor Support Services, Limitations, and Fees**

**As your Doulas,** We accompany women in labor to help ensure a safe and satisfying birth experience. We draw upon our knowledge and experience to provide emotional support, physical comfort and communication with your health care provider to ensure you have the information needed to make informed decisions in labor. We can provide reassurance and perspective to you and your partner, make suggestions for labor progress, and help with relaxation, massage, acupressure, positioning and other techniques for comfort. We are independently self-employed. As your doulas, we are working for you, not your care giver or hospital/birth center.

**Choosing a Doula:** We prefer to meet with you/ and your partner at least once (ideally twice ) before labor to become acquainted, to explore and discuss your priorities or concerns, and to plan how we might best work together. At that time, we can discuss fees. This initial meeting does not obligate you to use our services.

If you choose to select us as your doula(s), we will want to become familiar with your plans for labor, birth and postpartum. We will also want to know your best ways of coping with pain and fatigue, how you and your partner foresee working together. We will also inform you of how our partnership works and if there is any reason for a back up doula, we will explain that process thoroughly. We may also decide on other meetings and will certainly want to remain in touch by texting and telephone. We are on call for you and your partner 24/7 throughout your pregnancy, birth and beyond.

**As a doula, we do not** perform clinical tasks, such as blood pressures, fetal assessments, vaginal exams, etc. We are present to provide for your physical comfort, emotional support and advocacy. We won't make decisions for you. We will help you get the information necessary to make an informed decision.

We will be sure to remind all providers, your birth team of your birth preferences as often as needed.

**When you are in labor**, we prefer that you call us when you think you are in labor, even if you do not yet need us. We can answer questions and make suggestions over the phone. We will decide together at this time whether we should come to your home right then or wait for further change. We usually need at least thirty minutes to get to you from the time you request our presence. Except for extraordinary circumstances, that will also be decided together, we will remain with you throughout your labor and birth.

**After birth**, We usually remain with you for one to two hours, unless you are comfortable and your family is ready for private time together. We can also assist you with breastfeeding, if necessary. We are available for phone contact to answer any questions you may have. We are always available to meet one last time within one two weeks following your birth to see how you are doing, to review the birth, to admire your baby, and to get feedback from you about our role.

**If we are unable to attend your birth:** We will make every effort to provide the services described here. Sometimes, this is impossible (ie, a rapid labor and birth or breech baby and scheduled c-section) the retainer is kept and your remainder will be refunded...

**A \$250.00 retainer fee** is due when you select us as your doula. The balance is due by 36 weeks and at the final meeting, unless special arrangements are made in advance, many of our clients choose to make payments and that is fine if we discuss in advance. We are able to take HSA cards and credit cards for a 4% fee. Otherwise cash or check.

By checking this box you agree to Placenta Encapsulation and your \$250 payment is due by week 36 or final doula meeting.

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

Mother \_\_\_\_\_ Partner \_\_\_\_\_

Doula \_\_\_\_\_ Date \_\_\_\_\_

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