



JULIE DEYO

[www.triplicitywellness.com](http://www.triplicitywellness.com)

386-717-4015

## **Letter of Agreement Describing Doula Labour Support Services, Limits and Fees**

### **What do I do as a Doula?**

As a doula, I accompany women in labor to help ensure a safe and satisfying birth experience. I draw on my knowledge and experience as a doula and mother to provide emotional support, physical comfort and, as needed, communication with other caregivers 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 (if present), 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.

### **Choosing a Doula**

I prefer to meet with you (and your partner or other support person, if applicable) at least once before labor to become acquainted, to explore and discuss your priorities and any fears or concerns, and to plan how we might best work together. The first meeting does not obligate you to use my services and we can discuss my fees at that time. Prior to the birth I would like to become familiar with your Birth Plan, including your preferences regarding labor management options and the use of pain medications. I also want to learn about your own best ways of coping with pain and fatigue and how you and your partner (if applicable) foresee working together.

I will also inform you of times when I am not available for labor support. To cover those times, I will arrange one (or more) back-up doula(s) that you may speak with or also meet. Of course, you have as much choice over your back-up doula as your primary doula. We will also decide on other meeting times and will certainly want to remain in touch by telephone.



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### **When you are in labor**

Please call me when you think you are in labor, even if you are not sure. I can answer questions and make suggestions over the phone. We will decide if I should come right over then or wait for further changes. I usually need approximately two hours to get to you from the time you ask me to come. We will also decide where to meet - at your home or the birthing facility. Except for extraordinary circumstances, I or my back-up will remain with you throughout labor and birth.

### **After the birth**

I usually remain with you for one or two hours, until you are comfortable, your questions are answered and your family is ready for quiet time together. I would also be happy to help with initial breastfeeding and continue with breastfeeding support as a Certified Lactation Counselor if necessary. I am available for phone contact to answer questions about the birth and your baby and would like to get together with you within one to two weeks to see how you are doing, to review the birth, to admire your baby, and to get feedback from you about my role.

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

#### **As I Doula, I do not:**

- Perform clinical tasks, such as taking blood pressure, fetal heart checks, vaginal exams, and others. I am there to provide only physical comfort, emotional and informational support and advocacy.
- 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 Plan.
- Speak to the staff instead of you regarding matters where decisions are made. I will discuss your concerns with you and suggest options, and I will help you identify key questions that may help you with your decisions, but you or your partner is the best person to speak to the clinical staff.



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As a Doula I will not prescribe, diagnose or treat any medical problems that may arise and will not be liable for interpreting diagnostic procedures. This is the role of your provider.

In the event of a rapid labor or emergency situation, I will call 911. In the event of an emergency delivery I will do what measures I am capable of to try to keep you and the baby safe and comfortable until EMS arrives. This will fall under The Good Samaritan Law.

### **Failure of a Doula to provide service**

I will make every effort to provide the service described here. Sometimes this is impossible (for example, with rapid labor). If I, or my back-up, fail to make it to your birth due to either our error, or your inability to call me in an emergency, you will not be liable for the balance of this fee. If it is due to your failure to call me, payment will be owed in full.

### **Scheduled Caesarean Clause**

Occasionally a woman will have something arise during her pregnancy that necessitates a scheduled Caesarean birth. If this decision is made two weeks or more before your due date, you may choose to cancel my services with no further payment owed beyond the deposit. Alternatively, you may choose to have me come with you to the hospital, accompany you during surgery or wait in the recovery room, and assist you with breastfeeding and adjustment in the first hours after your birth. An extra postpartum visit can also be scheduled at no further charge. In this instance my full fee will be payable.

### **Fees**

My fees for the service described here are \$700.00 to be paid as follows:

\*If attending HypnoBirthing® classes with Julie Deyo, \$100.00 will be deducted from the fee.

{ \$350.00 as a retaining fee, due when you select me as your doula  
\$350.00 postdated to your due date }

\*Please make checks payable to Triplicity LLC



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

Date \_\_\_\_\_

Signature \_\_\_\_\_

Print \_\_\_\_\_

**PHOTO RELEASE:**

\*I give permission to Triplicity LLC to use photos or video for educational purposes and to share on multimedia.

Initial\_\_\_\_\_

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Julie Deyo