

# AGAPE'S HEALING HANDS

## LETTER OF AGREEMENT

### **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 by DONA international and am working toward full certification through them. As an herbalist and natural health consultant, I educate women's health on many levels to include pregnancy and postpartum issues. It is a natural course to now become a doula. 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, soothing touch, positioning and other techniques for comfort. I take notes during labor and delivery of things that you may not remember or would like to remember for your baby book. I am also able to take photos if you want them and the birth center allows. I am able to take off my hat as a doula to also serve you as an Herbalist and Natural health consultant as needed. 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 arrange for one or more qualified back-up doulas whom you may also meet, in case I become unavailable for your delivery due to circumstances beyond my control. We may also decide on other meetings and will certainly want to remain in touch by telephone and/or email. I can also be available to attend one of your prenatal visits to meet your caregiver if you would like.

### **WHEN YOUR 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 (your home, the hospital or birth center etc.). Except the exception of extraordinary circumstances, I will remain with you throughout labor and birth. Even allowing for the partner to take a much needed break (i.e. a nap, get some food, or just stretch their legs).

### **AFTER BIRTH**

I will remain with you for 1 or 2 hours after birth, or until you are comfortable and your family is ready for quiet time together. I can also help with initial 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 your new little family is doing, to review the birth, and get your feedback on my roll. I am also available to adapt scheduling of the after birth visit to a few days and even do up to 3 after birth visits if you are in need of postpartum support.

## WHAT DOULAS DO NOT DO

*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. (If you would like a blood pressure check, or fetal heart check, I am happy to take off my doula hat and take on Natural Health Consultant)
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 plan.
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 clinical staff. I can support the clinical staff's comfort care if needed and you are in agreement.

## 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 rabid labor). If my failure to attend your birth is due to my error, there will be a refund of your fees. If it is due to circumstances beyond anyone's control or your failure to call me, I will keep the fees already paid, but there will be no further payments if the invoice is open.

## FEES

There is a 5% discount for full payment up front. There is a 10% discount for military and first responders. (discounts not to be combined)

Fees subject to change upon completion of certification.

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

Total Standard Fee **\$300.00**

**\$100.00** retainer fee due upon my selection as your doula

**\$100.00** due Week 13

**\$100.00** due Week 39 (unless delivery has been scheduled for earlier, then it will be due 1 week before scheduled delivery)

Fees to be adjusted with any applicable discount.

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

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Date

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Client

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Client's partner

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Doula