

DESCRIPTION OF DOULA SERVICES

My services include:

Prenatal -

- A free consultation/interview to discuss what you are looking for, my services and assess whether you feel comfortable including me on your birth team
- One or two meetings (depending on need) after our original interview to discuss your desires and needs and develop your birth plan
- One (or more depending on need and availability) “bonding” day: this is to create the “relationship” so important to a positive birthing experience
- Suggestions to make pregnancy more comfortable
- Referrals to community resources for pregnancy or family issues as needed
- Explanation of the birth process and medical procedures
- Discussions of fears and needs to be addressed during labor, birth and postpartum
- Phone consultations to discuss pregnancy progress and address questions or concerns
- 24 hour phone access from 35 weeks pregnancy through birth

During labor and birth -

- Continual attendance during your labor and birth and first hours post-partum
- Preparing the birth space
- Continuous labor support
- Comfort measures and assistance with pain-coping techniques
- Explaining suggested procedures and their pros and cons
- Protecting the birth space
- Help getting started with breastfeeding

Postpartum -

- A phone call and a visit in the first three days after your birth (a phone call one day, a visit the next, or vice versa) to answer questions and provide support
- A visit two to three weeks after your birth to see how you and the baby are doing and to review your birth
- Postpartum comfort measures
- Breastfeeding support
- Explanation of newborn characteristics and newborn care
- Sleeping suggestions

SCOPE AND LIMITATIONS OF DOULA SERVICES

As a doula, I do not:

1. Perform clinical tasks, such as blood pressure, temperature, fetal heart checks, vaginal exams, etc. I am there to provide only physical comfort, emotional support, information, and advocacy.

Do you understand that I am not able to perform these clinical tasks?

Birthing mom initial here

Partner initial here

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.

Do you understand that any decisions are yours to make and that my function is to help you make the best decisions for you?

Birthing mom initial here

Partner initial here

3. Speak to the staff for you, or on your behalf. I will discuss your concerns with you and suggest options, and I may suggest or facilitate a conversation between you and your care providers, but you or your partner will communicate directly with the clinical staff.

Do you understand that I will never speak to staff for you and that I am there to help guide you to the proper questions to ask?

Birthing mom initial here

Partner initial here

4. Provide primary childcare for siblings. I cannot adequately support you and care for a child at the same time. If you have an older child that will be at the birth, I recommend having someone the child is familiar with designated to care for the child during your labor and birth.

Do you understand that I am not able to care for you AND any children present?

Birthing mom initial here

Partner initial here

FAILURE TO PROVIDE SERVICE

I will make every effort to provide the services described here. However:

- If I am unable to attend your birth due to personal illness, family emergency or other unavoidable occurrence, one of my back-up Doulas or my apprentice will attend your birth.
- If you do not call me when you go into labor or have not informed me at least four weeks in advance that you will not be using me during your birth, you will owe me my full fee since I will have made myself unavailable to other potential clients as long as you are on my calendar.
- In a case where my back-up doula or apprentice attends your birth, the remainder of my fee is paid to her.

FEEES

The total fee for these services, to cover my apprentice and myself, is **\$500**.

I do offer sliding scale, going as low as **\$100** (expectant mothers under the age of 19 are free of charge – we will discuss alternative compensation). We will negotiate what the client feels is affordable. As a trained professional, I do ask fair recompense for my services. However, I also truly value the positive benefits of doula care, and do not want financial need to make those services inaccessible to mothers who desire them. My sliding scale is an honor system, I do not ask to verify your income or any such thing, and I simply ask you to be fair in determining what you can truly afford to pay for my time and services.

I ask for a non-refundable deposit of \$100, which is typically paid during or shortly after the prenatal conference, which is applied to the fee. I will not consider myself obligated to the birth, or “on-call” until I have received this deposit. The remainder of the fee is due 21 days after the birth, and should be sent to me at 2545 N. Narrows Dr. #2112, Tacoma, WA 98406.

The total fee you will be paying is: _____

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

_____	_____	_____	_____
Client	Date	Client’s Partner	Date

_____	_____	_____	_____
Doula	Date	Apprentice/Back-up Doula	Date