**Letter of Agreement for Doula Labor Support Services, Limits and Fees**

* What is my Role as a Doula?

As a labor doula, I will accompany you during your birth to help ensure as positive birth experience as possible. I will help provide you and your partner with emotional, physical, and informational support, help communicate your needs and wants to your birth attendants and assist in providing you with education to aide you in making informed decisions about your birth. I can provide massage, relaxation and suggestions for positioning including the birth ball, hot and cold packs to help with backache and back labor pain and other client specific needs. I am independent and self-employed. As your doula, I work for you, not your caregiver or the hospital.

* Meeting Me

We will most likely meet several times before you go into labor. Our first meeting will simply be a time for us to get acquainted and make sure that you and I harmonize well with a Doula/Client partnership. This gives us an opportunity to get to know one another. If there are any questions that I can answer to ease any concerns or fears you may have, I would be more than happy to. If we decide that I am what you are looking for in a doula, we can move forward by filling out the required agreement, reserving a date on my calendar, and setting up a second meeting.

In our second meeting, we will clarify your priorities, concerns and any fears you may have for the upcoming birth. This meeting will help me understand what you desire for your individualized birth experience, and what (if any) homework I will need to do in order to more effectively aid you and your partner. At our third meeting we can work on your birth plan, discuss your feelings about pain and coping strategies, work on desired labor positions and finalize any questions or concerns you may have regarding your labor and birth.

* When You Are in Labor

I prefer that you call me even if you only think you are going into labor or you simply “feel different.” I can answer questions and make suggestions over the phone. We will have decided whether I will meet with you at your home and drive with you and your partner to the hospital so that I can accompany you through the triage process, or whether you would prefer I meet you approximately 1 hour after you have arrived to the hospital and have already made it through the triage process.

\* I will make every effort to provide the services described here. If I fail to attend Client's birth due to preventable reasons were I am at fault, there will be no charge for services rendered and I will return the deposit to Client. If I fail to attend Client's birth due to circumstances beyond my control, (e.g. extremely rapid labor, restrictions by hospital staff, failure to call Doula, “Act of God”, etc.), I will retain deposit and waive the remaining balance due.

* Cesarean Section

Although I will make every effort to be present in the operating room, the final decision is made by hospital staff, the anesthesiologist to be exact. Please discuss my presence with him/her instead of the rest of the staff.

* After the Birth

I will remain with you for up to three hours after the birth to make sure you and your new baby are settled and comfortable. I can also help you initiate breastfeeding. I will be available to you by phone for up to six weeks after your birth. During these six weeks, we can schedule a postpartum visit to review your birth, answer any questions you may have, and most importantly, admire your new baby! After this appointment, I will still be available to you via email to help with any questions.

**Limitations of Doula Practice**

* As a doula, I do not make decisions for you. I will help you get the information you need to make your own informed decisions. I will also remind you if a decision involves a departure from your original desires and plan for birth, but will not force you to stick with your original plan.
* As a doula, I will not speak to the staff instead of you or your partner regarding matters where decisions are being made. I will discuss your concerns with you and suggest options, but you or your partner will speak on your behalf to the clinical staff. I am more than happy to bring up questions you had, or remind you about important things you wanted the medical staff to know.
* As a doula, my capacity will be to offer suggestions and present options, not to make clinical assessments or decisions concerning your labor and birth. Therefore, I assume no responsibility, personally or professionally, for the outcome of your birth.

**Client Responsibilities**

* Honest communication of medical conditions or emotional situations that may affect your birth experience.
* Contact by phone/ text following each visit to your prenatal health care provider.
* Contact by phone/text regarding any hospital admittance or non-routine medical testing.
* Upon admission to the hospital, you must inform the staff that I will be attending your birth as your Doula.

**Fees for Doula Services**

My fee for service is $800. This fee includes the following services:

* Three prenatal visits, one prenatal visit with your caregiver, if desired with no additional charge.
* Assistance in writing your birth plan, if desired.
* Telephone/ text support as needed during pregnancy and for six weeks following your birth.
* Continuous labor support at the hospital as described above.
* Two postpartum visits.
* 24 hour on call assistance at 36 weeks and continuing until your newborn’s 1 week birthday.
* Providing resources and/or referrals.
* $400.00 is to be paid when you select me as your doula and sign this contract. This fee is a nonrefundable deposit.
* The remainder is to be paid by the 34th week of pregnancy, some insurance providers will reimburse you for my services but this is not a guarantee for all insurance companies.

**Agreement**

* We recognize that Marquetta Zidrashko is a doula trained to assist with the physical and emotional demands of labor and childbirth. She is not a medical professional and therefore will neither advise us on medical decisions nor perform medical assessments or procedures. We also recognize that childbirth is a natural and unpredictable process and may not go as we hope or plan; in this arena we understand that a doula will act with reasonable care for the mother and baby’s well being, but will not be able to alter the course of labor or its outcomes. I/We have read this form describing Marquetta Zidrashko’s doula services and agree that it reflects the discussion we have had with her. In signing this contract, we agree to retain her as our doula for our birth with a due date of \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_.

Client\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Date\_\_\_\_\_\_\_\_\_\_\_\_

Partner\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Date\_\_\_\_\_\_\_\_\_\_\_\_

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