



Integrated
WOMEN'S WELLNESS
&
CENTER FOR BIRTH

Tara Elrod, Labor Doula

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Letter of Agreement Describing Labor Doula Services, Limits, & Fees

♥ What is my Role?

As a labor doula, I will accompany you during your birth to help ensure a positive birth experience. 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 visualization techniques, and suggestions for positioning including the birth ball, hot and cold packs to help with backache and back labor pain, music, 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 the Doula

We will most likely meet at least two times before you go into labor. Our first meeting will simply be a time for us to get acquainted and make certain that I will be a good match for you as your doula. 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, I would be more than happy. If we decide that we would be a good match, then we can move forward by filling out the required agreement, finalizing the date on my calendar, and setting up our second meeting.

In the 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 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 "feel different." I can answer questions and make suggestions over the phone. I will meet you approximately one hour from the time you are admitted to the hospital. This would be after you have been through triage and it has been decided that you are in labor. Should I be unable to attend your birth due to extraordinary circumstances, I currently do NOT have a back up doula to act in my place. A full refund will be provided.

♥ After the Birth

I will remain with you for up to two hours after the birth to make sure you are settled and comfortable. I can also help you initiate breastfeeding. I will be available to you by phone for up to two weeks after your birth. During these two weeks, we will 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

- Even though I am a Certified Direct-Entry Midwife through the state of Alaska, when I am serving in the role as a doula, I do not perform clinical tasks such as blood pressure, fetal heart checks, vaginal exams, and other such duties. My role as a doula is **non-medical**.
- 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.
- 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.
- 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 or e-mail following each visit to your prenatal health care provider.
- Contact by phone regarding any hospital admittance or non-routine medical testing.
- Upon admission to the hospital, informing the staff that we will be attending your birth
- At least one week's notice in scheduling antepartum and postpartum visits and any additional services.

♥ Fees for Doula Services

My fee for service is \$600. This fee includes the following services:

- Two prenatal visits.
- Assistance in writing your birth plan, if desired.
- Telephone and e-mail support as needed during pregnancy and for two weeks following your birth.
- Continuous labor support at the hospital as described above.
- One postpartum visit.
- 24 hour on call assistance 3 weeks prior to your due date and continuing until your birth.
- Providing resources and/or referrals.

\$_____ 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 37th week of pregnancy.

♥ Agreement

We recognize that Tara Elrod 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 Tara Elrod'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 _____.

Signed: _____

Client: _____

Date: _____

Doula: _____

Date: _____