

Letter of Agreement Describing Doula Services, Limits and Fees: Kiersten E. Moore, Birth Doula

As a birth doula, I accompany women in labor to help ensure a safe and satisfying birth experience. I respect a woman's unique relationship with her partner and work to strengthen that bond by supporting them as a laboring couple. I have completed training approved by DONA International, have given birth to two children, and have attended four births since the summer of 2009. 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 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, before, during, and after the birth of your baby. I can 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.

Before Labor

I will meet with you and your partner at least once after you retain me as your doula and before labor starts: to become acquainted, to explore and discuss your priorities and any fears or concerns, to discuss your birth and post-partum plans 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. We may also decide on other meetings and will certainly want to remain in touch by telephone and/or email.

I will inform you of times when I am unavailable for labor support. To cover those times, I will arrange one or more qualified back-up doulas whom you may also meet.

I will be on call (24-7) beginning two weeks before your due date until you give birth and being available for you will be my top priority. If labor commences before 38 weeks gestation, I will make every effort to attend your birth, or provide a backup if I am unavailable.

What I ask of you:

- **Open, honest communication** from you and your partner. I promise the same.
- **That you and your partner attend a childbirth education class** so that we can work together from a common baseline. Preferably a twelve hour series that covers natural childbirth and comfort measures, but at least one of the short courses offered free by most hospitals. I also offer a private labor workshop for couples at a reduced fee for doula clients, to help prepare you with comfort measures and positioning techniques before labor starts.

When you are in Labor

I prefer that you call me when you think you are in labor, even if you do not yet need me. Many labors get started in the middle of the night, if you need me, even just for reassurance, do not worry about waking me up; I expect it. 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 to one-and-a-half hours (less if you are in Frankfort) to get to you from the time you ask me to come. We will also decide where to meet; at your home or the hospital. Except for extraordinary circumstances, I will remain with you throughout labor and birth.

After Birth

I usually remain with you for one or two hours after birth, until you are comfortable and your family is ready for quiet time together. During that time I can be helpful with initiation of breastfeeding, taking pictures, getting you food, cleaning up, answering questions, and helping you settle in.

I remain available by phone or email to answer questions about the birth or your baby and can offer referrals to further support services when needed. I would like to get together with you within the first two or three weeks postpartum, to see how you and your baby are doing, to discuss your experience, and to get feedback from you about my role.

As a doula, I do not:

- **Perform clinical tasks**, such as blood pressure, fetal heart checks, vaginal exams, and others. I am there to provide physical comfort and emotional support only.
- **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 on your behalf.** I will discuss your concerns with you and suggest options, but you or your partner will speak directly to the clinical staff.

Failure to Provide Service

I will make every effort to provide the services described here. Sometimes this is impossible (for example, with a rapid labor). If my failure to attend your birth is due to my error, there will be no charge for my services and I will refund the retaining fee. If it is due to circumstances beyond anyone's control or your failure to call me, I will keep the retaining fee, but there will be no further charges.

Fees

My fee for the services described here is \$300.00, to be paid as follows:

\$75.00 to be paid as a retainer fee, due when you retain me as your doula. And
\$225.00 due when I go on call for you (usually at 38 weeks pregnant).

I/We have read this letter describing the doula's (Kiersten E. Moore) services and agree that it reflects the understanding we have with her.

Client _____

Client's Partner _____

Doula _____

Date _____