

Letter of Agreement
for
April Bolding's Labor Support Services

My Labor Support services include:

PRENATAL

- * Free interview or consultation to discuss my services and your needs.
- * An informed choice questions card to help you ask the right questions when talking about your care with your practitioner.

- * One or two prenatal meetings where we would review:

- your preferences and expectations of your upcoming birth
- your birth plan (I can offer assistance if you would like)
- my role and how you envision utilizing me (for comfort measures, guidance, documenting this event, and so on)
- my availability* and contact information
- the signs of labor
- any questions that you might have

- * Email and phone contact for updates, questions and discussions. Updates increase as you approach your due date or signs of labor increase in frequency.

- * I'm on-call 24x7 two weeks before your due date until the baby is born. If there are signs of labor prior to this, I will need to be alerted and I will become on-call for you 24 hours a day until the baby is born.

*I usually have a back-up doula scheduled for all my clients to ensure that you are guaranteed continuous doula care. Only under unusual circumstances would this not occur.

LABOR & BIRTH

- * Phone support to help you assess whether you are beginning labor or not. Calling when you think you may be in labor helps me anticipate rescheduling my commitments. I can give you guidance on how to proceed until labor becomes established. Please note that being induced in the hospital could take many hours, even days, for your labor to become established. Please expect that I will join you when you need help coping with the intensity of labor.

- * When you are in labor and need my support, I will join you either at your home, the birth center or the hospital. Please allow 1-1½ hours for me to get to you after you ask me to join you. Frequently, it doesn't take that long, but it's better if we allow for that.

- * After I join you for labor, I (or my backup doula) will be with you continuously throughout your labor.

- * I act in a complimentary fashion to your partner or any other support persons you have chosen to be there.

- * I provide physical and emotional support and nurturing, informational support put in terms you can understand, provide comfort measures (such as massage, hot/cold packs, suggestions for positions, touch, etc), provide suggestions for your partner or other attendants on how they can help you cope, bring extra copies of your birth plan to give to your birth team so they know your preferences, etc.

- * I can capture moments throughout your birth experience using photography and/or a video recorder.

- * I am usually there one to two hours after the birth to help you initiate breastfeeding or to help in whatever way I can. Once you are settled, I leave you to bond with your baby.

POSTPARTUM

- * Follow-up phone call after the birth within the first 24-48 hours.
- * One postpartum visit within the first 3 weeks where:
 - We discuss the events of the birth
 - I answer any questions you may have about the birth or about your care.
 - I present you with a birth story or birth notes that details times and events of your birth experience.

- * Provide resources/referrals for postpartum recovery and assistance, such as lactation consultants, postpartum doulas, support groups, and so on.

FEES*

My fee is \$800-1100 for the above services. A retaining fee of \$400 is due when you hire me and the remaining balance is due two weeks before your estimated due date (around week 38 of your pregnancy).

Should you not wish to use my services after signing this contract, but two weeks before your estimated due date, or you do not call me when you are in labor or before you've birthed, you will forfeit the \$400 deposit.

If you have paid the balance in full by two weeks before the your estimated due date, and are in any way displeased with my services, you will receive a cheerful refund of \$400, up to six weeks after the birth of your baby. Conversely, if you feel I went above and beyond during your birth experience and you are in a position to respond monetarily, please do.

SCOPE OF PRACTICE LIMITATIONS

As a doula, I do not make decisions for you nor do I speak on your behalf to the medical staff when decisions are being made. I can suggest that you take some time to consider the benefits, risks and alternatives of non-urgent decisions, especially if they are counter to what you specified in your birth plan. I do not do clinical assessments, such as checking your blood pressure, vaginal exams or checking the fetal heart rate.

And lastly, thank you for hiring me to be your doula! It is my priority to help your birth be successful, as you define it.

Mother

Partner

April Bolding, Doula

Date