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New Moon Birth

Certified Birth Doula, Lamaze Certified Childbirth Educator, Doula Trainer

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LABOR SUPPORT SERVICES, LIMITS AND FEES

### What is a doula?

As a doula, I accompany women in labor to help ensure a safe and satisfying birth experience. I have received education for the doula's role from Seattle Midwifery School. I am a **certified doula**, with PALS Doulas, a local organization and DONA International (DONA). Additionally, as a **Lamaze Certified Childbirth Educator**, I teach childbirth preparation, newborn care, breastfeeding, VBAC and refresher classes at a local hospital, for New Moon Birth and at other locations. I am on the faculty at Bastyr University, where I teach the Birth Doula Skills Workshop to new doulas and am a **DONA approved doula trainer**. I draw on my knowledge and experience to provide emotional support, physical comfort and as needed, communication with the staff to make sure that 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, 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, hospital or birth center.

### Choosing a doula

I offer a no obligation "meet and greet" where we can get together and see if our styles are a good fit. After we have committed to working together, and I have received a signed contract and retainer, (see fee section below,) I prefer to meet with you and your partner at least once, preferably twice, before labor to become acquainted, to explore and discuss your priorities and any fears or concerns, and to plan how we might best work together. I will want to become familiar with your birth plan, including your preferences regarding management options and the use of pain medications. I also want to know your own best way of coping with pain and fatigue, and how you and your partner foresee working together.

After you hire me, I am available 24 hours a day either by phone or email to answer any questions or discuss concerns you may have. I have a large resource list at my disposal and I may offer you suggestions and materials that you may find useful. At the minimum, checking in after each doctor/midwife appointment is a good routine to establish. I also am happy to share my large lending library of books and DVDs.

I will also inform you of times when I am unavailable for labor support. To cover those times, I will arrange one or more back-up doulas whom you may also meet. Of course you have as much choice over your back-up as your primary doula.

### 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. 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 at least 60-90 minutes to get to you from the time you ask me to come. We will also decide where to meet; at your home, the hospital or the birth center. Except for extraordinary circumstances, I or my back-up will remain with you throughout your labor and birth.

### After the birth

I usually remain with you for one to two hours after birth, until you are comfortable and your family is ready for quiet time together. I can also help with initial breastfeeding. I will continue to be available for phone/email contact to answer questions about the birth or your baby. I will contact you by phone the day after your baby is born and I would also like to get together with you sometime between day 3-5 postbirth to assist with lactation and newborn

care, then an optional visit, around 3-4 weeks after the birth to see how you are doing, to review the birth, to admire your baby, and to get feedback from you about my role.

### What I do not do

- Perform clinical tasks, such as blood pressure, fetal heart checks, vaginal exams and other. I am there to provide only physical comfort, emotional support, and advocacy.
- 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 instead of you regarding matters where decisions are 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.

### Failure to provide services

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, such as rapid labor, the full fee is due as stated in my contract. If you choose not to call me for labor support and are 36 weeks or beyond, the full fee is due as stated in my contract, for I will have turned away other potential clients.

In the event that an induction or Cesarean is planned for your birth, I respectfully request that you coordinate the scheduling with my schedule. Of course, when you go into spontaneous labor, I will cancel any other commitments I may have to be with you, but if it will be scheduled, I appreciate being able to work around my teaching schedule.

### Fees

The fee for my services described here is determined on a sliding scale, starting at \$1300 and sliding up to \$1800. **The amount you pay is determined by you, the client, and may be based on the amount of time I spend with you, the level of service provided, your degree of satisfaction, and your ability to pay.**

The fees are to be paid as follows:

1. \$500.00 as a non-refundable retainer fee, due when you hire me as your doula, and
2. The final fee balance due at the first post-partum visit.

I also offer placenta encapsulation services for my clients, for an additional \$200 charge. I will take the placenta home with me after the birth and bring the capsules at our first postpartum visit. Please let me know if you are interested in this service.

I frequently work with an apprentice doula, who will accompany me at all times, offering support to you and your partner under my supervision. Please let me know if you would like an apprentice doula at your birth, at no additional charge.

**It is my commitment to provide services to any family in need of them. I am willing to discuss an alternative financial arrangement if the one outlined above is not feasible for you.**

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

\_\_\_\_\_  
Client

\_\_\_\_\_  
Client's Partner

\_\_\_\_\_  
Doula

\_\_\_\_\_  
Date

*New Moon Birth*