

The Doula Collective of Windsor/Essex

Letter of Agreement



What is included?

Prenatal Services

Interview: Approx ½ hr.

To see if we're a good fit, we can talk over the phone or meet in person. This is a good opportunity to ask any questions about doula services and to see if we would work well together. Should we choose to work together, your due date will be reserved and we will be on call for you 24 hours a day for questions, concerns and for your labour.

Two Prenatal Visits: Approx: 1 - 1.5 hr(s) each

During your pregnancy doula services includes two prenatal visits where we will explore your hopes and preferences for labour and postpartum, address any fears or concerns regarding your pregnancy labour or parenting and see how you would best be supported during childbirth.

Phone Support:

In addition to our meetings, we are also available by phone for questions and concerns at any time. You are encouraged to call whenever something changes that may indicate the onset of labour. Consistent communication allows for the best support possible leading up to your labour. We will be on-call continuously two weeks prior to and two weeks after your due date for 24 hour support.

Community Referrals:

Being familiar with a number a resources for pregnancy, childbirth and parenting in Windsor we are able to provide references for you if desired. You may also be referred to a practitioner should your questions or needs be out of our scope of practice as a doula.

Labour & Delivery:

When you need our support in labour we will come to your home or meet you at the hospital. Typically, you receive support during labour before the transition to hospital or the arrival of your midwife/Dr. During this time, we will help to interpret the progress of labour, provide comfort measures, offer alternative pain coping practices, prepare food and offer support and reassurance to partners.

A doula works in a team with your partner. In our prenatal visits, our discussions and activities build confidence in partners as they find their comfort level as labour support. During your labour, a doula helps partners to become involved to the degree they are comfortable, and will continue to support the birthing mom if her partner needs a break to sleep or eat.

Postpartum:

After your baby is born we will stay with you for one-three hours. In this time, continuing to advocate for you and hold space for your new family. We will also tidy your home or birth area and provide basic breastfeeding support.

Postnatal Visits: 2 x Approx: 1 hr each

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We meet twice in the weeks following your baby's birth. It can be helpful to meet once in your baby's first week and once in the second or third week of postpartum. During these visits breastfeeding and baby care support is provided. We can also explore how you are feeling about your transition to parenthood and the challenges you have met so far. We can also discuss your experience of birth and answer any questions you may have about your labour experience.

What is a labour doula?

A labour doula's scope of practice is to accompany women in labour to help them have a more satisfying birth experience. She provides emotional support, physical comfort and, as needed, information regarding clinical procedures to ensure that you have the information you need to make informed decisions as they arise during labour.

A labour doula can provide reassurance and perspective to you and your partner, make suggestions for labour progress, and help with relaxation, massage, positioning and other comfort techniques. Doula's are independent and self-employed, meaning your doula works for you, not your caregiver or hospital.

What a labour doula doesn't do?

- Any clinical/medical tasks such as taking blood pressure, fetal heart checks etc.
- Make decisions for you. We will help you get the information you need to make an informed choice. We will also remind you if there is a departure from your birth plan.
- Speak to the medical staff instead of you regarding matters where decisions need to be made. Instead we will discuss the risks, benefits and alternatives, but you and your partner will address the medical staff.

When you are in labour

Please follow your Dr./Midwives requests and then call your labour doula if you think you are in labour, even if you do not need support. We can answer questions and make suggestions over the phone. At this point, together we will decide if you need immediate assistance or if we should wait for further change. Approximately 1 hour is needed to get to you from the time you ask your doula to come. We will also decide where to meet and except for in extraordinary circumstances will we not be available to you. In this case a back up doula is available.

In the event of a false alarm and we have been called to your home or hospital and then sent home, a charge of \$30 will be made. This can usually and easily be avoided with phone contact or a visit to your Dr./Midwife

Shared Care Model

Every effort will be made by your primary doula to provide the services described above. We do however, also work within a collective and use shared care model. There are secondary / backup doula's available at all times. If the primary doula is unavailable, the secondary doula will attend your birth. There is no guarantee that the primary doula will be present on the day of your baby's birth, however, she will be your primary contact during your pregnancy and for postnatal care. Additionally, to ensure the health and safety of the

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Doula at your birth, the primary doula may transfer care to the secondary doula after 12 hours of continuous service. We, as your doula team will communicate with one another prior and if needed, during your labour so every doula working with you will have your information on hand. However, if your primary doula's failure to attend your birth is due to her error and no backup doula is provided you will be given a full refund.

C-Sections

If you have a scheduled c-section, we will offer to attend your birth. If you choose not to have our support, then you will be refunded \$400/500. If you do decide to have us attend and support your c-section birth, you will be refunded half of the total amount of the services (\$275 for midwife or \$325 for OB-GYN).

Fees

The fee for the services described here is \$550 for a birth with a midwife and \$650 for a birth with an OB-GYN. This is due to the amount of support required with a birth with an OB-GYN. I am happy and willing to barter or trade services at any time.

\$150 non-refundable retainer fee, due on your first prenatal visit

\$400/\$500 due two weeks before your due date.

If your baby is born before this time, your payment is due within ten days after the birth. If an induction or c-section is scheduled, payment is due before the scheduled date.

Discounts

As a collective we gladly offer a \$50 discount on doula services if you decide to participate in the Prenatal Wisdom classes with Rhea Eady of The Family Wellness Practice.

www.rheaeady.weebly.com

Please note it is against our company policy to attend the birth of a client who has not made their final financial commitments as requested above.

I/We have read this contract describing The Doula Collective's services and agree that it reflects the discussions we have had with Laurel Hicks, primary Doula.

I/We also understand that The Doula Collective doulas are in no way responsible for any medical/clinical outcome of our birth.

Client Name(s) _____

Client(s) Signature(s) _____

Primary Doula(s) Name & Signature _____

Date _____