

Sacred  
Awakenings



## *Letter of Agreement Between Doula and Client*

### ***What is a Doula?***

As your Doula, I accompany you in labor to help ensure a safe and satisfying birth experience. I will assist you emotionally, physically, and mentally. I have received my education from Seattle Midwifery School and am certified through the Pacific Association for Labor Support (PALS). I have experience with home births as well as hospital and birth center births. Described below are the services I do and do not provide.

### ***Before Labor:***

I will meet with you and your family at least 2-4 times to go over your birth wishes, visit your home (if you are planning a home birth), discuss your birth plan and go over questions or concerns. If desired, I will attend at least one appointment with you to your care provider. Once hired, I am on call 24 hours a day up to 2 weeks postpartum. As your birth becomes more imminent, I will be checking in with you every week after your midwifery or doctor appointments to see how you are progressing and feeling.

### ***During Labor:***

I prefer you page me when you think you are in labor, even if you do not need my assistance yet. I can offer support and help over the phone and this will allow time to arrange my needs. I usually need an hour to get to you from the time you call. Once I arrive, I will stay with you throughout your labor and delivery and several hours postpartum. I will use my knowledge and experience to offer physical support and emotional comfort. I will offer reassurance, suggestions, and information as well as various comfort techniques and non-pharmacological pain relief measures. I will respect your birth plan and if needed, will help others be mindful of your desires. I in no way displace a partner who may be present at your birth. Instead, I aim to integrate them into your birthing experience, as well as any other children who may be present. My goal is to support the entire family in achieving a memorable and fulfilling birth experience. I also respect your relationship with your care provider and will make sure that you have information you need to make informed decisions.

### ***After Birth:***

I will remain with you for several hours after the birth to help clean up and cook your family's first postpartum meal. I can also help with initial breastfeeding if needed. If I am providing extra postpartum support, I will provide these services within two weeks postpartum, according to a schedule that works for you. Also, within that 2 week period, I am available 24 hours/day by pager to answer any questions about the birth or new baby. Regardless if I am providing extra postpartum care or not, I would like to meet with you one to two weeks after the birth to admire your new baby, listen to a review of your birth experience, and to answer any questions you may have.

**As your Doula, I do not:**

- Perform clinical tasks such as blood pressure, fetal heart checks, or vaginal exams.

*I am there to provide physical support, emotional comfort, and advocacy.*

- Make decisions for you.

*I will help you get the information necessary to make your own informed decisions.*

- Speak to your care providers on your behalf.

*I will discuss concerns with you and suggest options, but you and your partner must speak on your behalf to any care providers.*

**Fees:**

I offer payment plans if it is something that is helpful for you. I ask for a retainer fee of \$300.00 to secure my services. This is applied towards your total fee for the birth. The final payment will be made within 2-3 weeks postpartum.

Check desired services below:

Birth Support  Postpartum Care  Childcare  Pre/Postnatal Massage  Childbirth Ed/Yoga

After discussion of my services we have agreed upon \_\_\_\_\_ as the total amount, and the method of payment will be \_\_\_\_\_. The final payment will be made by \_\_\_\_\_

Misc notes: \_\_\_\_\_  
\_\_\_\_\_

**Failure of Doula to provide service:**

I will make every effort to provide the services described here. Sometimes this is impossible (for example with rapid labor, or bad weather conditions, etc.) If my failure to attend your birth is due to my error, there will be a discussion regarding my services and we will create what is best for our agreement/contract.

**Client Signatures:**

I/We have read this letter describing the services provided by Sacred Transitions (Kristen Rubis) and agree that it reflects the discussion we have had.

Mother: \_\_\_\_\_ Partner: \_\_\_\_\_

Date: \_\_\_\_\_

Kristen Rubis: \_\_\_\_\_ Date: \_\_\_\_\_