

Letter of Agreement Describing Birth Doula Services, Limits and Fees for Holly Rogalski

What is my Role?

As a birth doula, I will accompany you during your birth to help ensure a satisfying birth experience. I will help provide you and your partner with emotional, physical, and informational support, help communicate your needs and wants to your birth attendants and assist in providing you with education to aide in informed decisions about your birth.

I can provide massage, relaxation and visualization techniques, suggestions for positioning including the birth ball, hot and cold packs, help with backache and back labor pain, music, acupressure, and other client specific needs. I am independent and self-employed. As your doula, I work for you, not your caregiver or hospital.

Prenatal Meeting:

Although we will have gotten to know each other during our initial meeting, I prefer to meet with you and your partner at least once more prior to labor. At this meeting, we can fine-tune any preparation for your birth, including logistics and specific concerns you may have. This meeting typically lasts between 1-2 hours.

When You Are in Labor:

I prefer that you call me even if you only think you are going into labor or are unsure if you are going into labor. I can answer questions and make suggestions over the phone. We can then decide if I should come to you immediately or wait for further change. I usually need approximately 60-90 minutes to get to you from the time you request that I come. We will also decide whether to meet at your home or at the hospital. I will remain with you throughout active labor and birth. If, due to extraordinary circumstances, I am unable to be with you, my back-up doula will come. In addition, because of the specialized birth classes I teach, there are times when my back-up will come for a portion of the birth while I teach (although I make births a priority and do what I can to have class covered instead). I may also call my back-up if your labor proceeds longer than 24 hours and I believe it is in your best interest to have a change in birth support.

Should your hospital not allow doula support during the COVID pandemic, I will transition to digital support (texts, calls, video) at time of transfer. The fee will be reduced \$300 if this occurs.

After Birth:

I will remain with you for 1-2 hours after the birth to make sure you are settled and comfortable. I can also help you initiate breastfeeding. I will be available to you by phone for up to two weeks after your birth. During these two weeks, we will schedule a postpartum appointment to review the birth, admire the baby, and I can answer any questions and obtain your feedback.

Limitations of Doula Practice:

As a doula, I do not perform clinical tasks such as blood pressure, fetal heart checks and other such duties. My role is non-medical.

As a doula, I do not make decisions for you. I will help you get the information you need to make your own informed decisions. I will also remind you if a decision involves a departure from your preferences.

As a doula, I will not speak to the staff instead of you or your partner regarding matters where decisions are being 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.

As a doula, my capacity will be to offer suggestions and present options, not to make clinical assessments or decisions concerning your labor and birth. Therefore, I assume no responsibility, personally or professionally, for the outcome of your birth.

Client Responsibilities:

- Honest communication of medical conditions or emotional situations that may affect your birth experience.
- Contact by phone or E-mail following each visit to your prenatal health care provider.
- Contact by phone regarding any hospital admittance or non-routine medical testing.
- At least one week’s notice in scheduling antepartum and postpartum visits and any additional services.

Fees for Doula Services:

My fee for service is \$1600, including the following services:

- One prenatal visit.
- Attendance in any of my Birthing From Within classes (\$250-350 value)
- Free access to my online courses
- Assistance in writing your birth plan.
- Unlimited telephone and email support during pregnancy and for two weeks following your birth.
- Labor support at home, birthing center or hospital as described above.
- 24 hour on-call assistance beginning at 37 weeks gestation and continuing until your birth.
- One postpartum visit.
- Providing resources and/or referrals.

\$400 is to be paid when you select me as your doula and sign this contract.

\$1200 is due on your estimated due-date. *I require a post-dated check at the signing of this contract.*

My fee is non-refundable if you cancel my services after signing this contract or if you do not call me for your labor.

If you require a scheduled Cesarean Surgery, I will accompany you during your intake and recovery. Occasionally, hospitals allow a second support person to be prepped outside of the Operating Room in case your partner is needed elsewhere with the baby. In this case, I would be present with the mother during her surgery. Clients with a planned Cesarean Surgery will receive eight hours of overnight Postpartum care from me in addition to my presence at your birth, to be scheduled as needed.

Agreement:

I _____, and my partner _____, have read this agreement describing Doula Services and agree that it reflects the conversation we had with Holly Rogalski. We agree to hire Holly Rogalski as our doula to attend and support the birth of our baby, due _____.

Signed:

Client _____ Date _____

Partner _____ Date _____

Doula _____ Date _____