



*Graceful Birthing
of Virginia*

*Ruthy Green,
Christian Birth & Postpartum Doula Services*

LETTER OF AGREEMENT FOR DOULA SERVICES

What is a doula?

Throughout time women have accompanied and supported other women during labor and childbirth. As a doula, I work with expectant couples during labor and delivery to help ensure a satisfying birth experience. I provide emotional support, physical comfort, and information to help you make informed decisions about your care as questions, or concerns arise during pregnancy, labor, and birth. I can provide reassurance and perspective to you and your partner, suggestions for labor progress, and help with relaxation, breathing, positioning, coping techniques, and comfort measures. I am independent and self-employed. As your doula, I work for you, not your care provider or hospital. If you decide to choose me as your doula, I will be on call for you 24 hours a day as you approach your due date and beyond, typically from two weeks before to the time of your delivery (38 to 42 weeks).

Prenatal support

I customarily meet with my clients for one 2-3 hour prenatal meeting, (and in some cases two) during your pregnancy to understand your needs, desires, and concerns and to provide information, resources for support, and referrals to help you reach your goals. I am also available to you throughout your pregnancy by phone or e-mail, for any questions or issues that may arise. It is important to me that you feel that you can contact me for support and information whenever you need it, however, please reserve calls to the hours of 9:00 AM to 9:00 PM, except for urgent or emergency situations. Prior to the birth I would like to help you create your birth plan, including your preferences regarding labor management options and the use of pain medications. I also want to learn about your vision for coping with pain, fatigue, and how you and your support person foresee working together, and with me.

Fee

My fee for the services described here is to be paid as follows:

Half the total paid as a non-refundable deposit, due upon signing of letter of agreement, to reserve your birth month in my schedule, and;

The final half due at signing of contract in the form of a post dated check to be cashed no earlier than 38 weeks gestation.

Please make checks payable to Ruth Green. I believe that all women should have access to labor support regardless of income, and I am willing to accommodate the financial restrictions of my clients, if arranged in advance.

Labor and birth support

Please call me when you think you are in labor, even if you are not sure. I can answer questions and make suggestions over the phone. We will decide together when I should come to you, whether that will be at your home for support during labor or directly to the hospital. I usually need two hours to get to you from the time you ask me to come. At the time of your labor, if I am not available due to illness or other unforeseen circumstances, or in the event of an extremely long labor, I may need to call my back-up doula to take my place. Except for extraordinary circumstances, I will remain with you throughout your entire labor and birth. As your doula, I will make every effort to be present at your labor and delivery, however, due to reasons beyond my control (illness or inclement weather), the situation may arise where you will need to be attended by my back-up doula. However, such circumstances rarely occur, and, in my practice, has never been the case.

After the birth

I remain with you for 1-2 hours, until you are comfortable, your questions are answered, and your family is ready for private time. During the immediate postpartum period I am happy to help with breastfeeding support, should you so desire.

As a doula, I will:

- *Provide physical comfort, emotional support, encouragement, and information.
- *Help you create a birth plan and help you stay as close to it as possible.
- *Provide information and resources so that you can make your informed decisions regarding your care.
- *Answer your questions or help you get your questions answered.
- *Support the decisions you make about your birth.

As a doula, I will not:

- *Make decisions for you. I will help you get the information necessary to make informed decisions.
- *Speak to the medical staff on your behalf. I will discuss your concerns with you, help you understand your options, and identify key questions that may help you make informed decisions.
- *Perform clinical tasks, such as taking blood pressure, listening for fetal heart tones, or performing vaginal exams. I am not a medical professional.
- *Diagnose or treat any medical problems that may arise. In the event of an extremely rapid labor or emergency situation, I will call 911. In the event of an emergency delivery, I will do what I am capable of to keep you and your baby safe and comfortable until medical help arrives.

Refund policy

The initial deposit is non-refundable. Please explore all of your options and wait until you are sure of your decision before asking for a commitment from me. I will make every possible effort to provide the services described here. Sometimes this is impossible (for example, with an extremely rapid labor or an emergency). If I (and/or my back-up doula) fail to make it to your birth due to our error, the remainder of your fee will be refunded. If I miss your birth because you neglected to notify me, the full balance will be owed because of the commitment I made when scheduling for your birth month (turning other possible clients away). Occasionally medical circumstances, over which I have no control, necessitate a deviation from your birth plan. In such a case, full payment will still be required.

Release of liability

I/We understand that Ruth Green bears no responsibility or liability for my medical care, my child’s medical care, or our treatment by our healthcare providers and hospital staff during my pregnancy, labor, birth, or postpartum period.

I/We have read the above Letter of Agreement for Doula Services with Ruth Green and agree to the terms within.

Client Name _____

Signature _____

Date _____

Client (Husband’s) Name _____

Signature _____

Date _____

Ruth Green _____

Date _____