



TEMPLE  
· healing arts ·

## Agreement for Birth Doula Services, Limitations & Fees

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**What is a Birth Doula?** A doula is a birth support person who accompanies birthing families with continuous support throughout pregnancy and birth. Doulas hold space and offer their skills to encourage an empowering birth experience. Doulas draw on their extensive knowledge and experience to provide emotional support, physical comfort and advocacy to make sure that you have the information you need to make informed decisions before, during, and after your birthing time. Doulas provide education, reassurance, and perspective to you and your partner. Doulas do not work for your caregiver or your birth facility. We work for you and we stay with you throughout your pregnancy and birthing time. Doulas do not take the place of your birth partner! Doulas support the birth partner as well, though our main focus is you—the one giving birth!

**Prenatal meetings.** Two-three prenatal meetings are included. At each meeting we explore together and become familiar with your birthing preferences. I want to know your own best ways of coping with intensity, your strengths, how you (and your birth partner) foresee working together and to talk about life after baby arrives. I prefer to meet with you and your birth partner for two prenatal meetings before the birth to establish a connection (typically in your home). You may want to schedule your first meeting around the beginning of your third trimester. If you go past your estimated due date, I can offer a 3rd prenatal meeting. These meetings tend to last approximately two hours in length. I love to remain in touch throughout the pregnancy by telephone, texting or email to keep updated on the pregnancy and you and your baby's wellbeing.

**When You Are In Labor.** I prefer you text or call when you think you are in labor, even if you do not need immediate support. I can answer questions and make suggestions over the phone to complement instruction from your care provider. Together, we'll decide if I should come then or wait for further change. Typically I will need approximately one to two hours to get to you from the time you ask for labor support (depending on your location). We will also decide where to meet (your home, hospital, or birth center). Except for extraordinary circumstances, I will remain with you through labor and birth.

**After Birth.** I will usually remain with you for at least one to three hours after birth for emotional, physical, and breastfeeding support, until you are comfortable and your family is ready for quiet time together. Afterward, I am available for phone contact to answer questions about the birth or your baby. I will meet together with you within one to two weeks after your birth to see how you are doing (physically, emotionally, relationally, socially), review the birth, admire your work and your baby, and offer support in adjusting to your new family life. I can also write up the birth timeline, upon request. Some families deeply benefit from more than one post-natal follow up visit, and I can come to offer assistance setting up a "meal train" for you, helping with household chores, etc... If you would like a second or third post-natal/postpartum visit, I can provide them at \$25/hr.

**Prenatal Massage.** As a doula client you will receive a 15% discount on all prenatal massages. Doula services are offered on a sliding scale, and those who pay the full doula fee, or within \$150 of the full fee (>800) will receive two free massages--one prenatal, and one postpartum.

**Limitations.** As a doula I:

- 1) do not make decisions for you. I *can* help you get the information needed to make an informed decision.
- 2) do not speak to the staff instead of you, regarding matters where decisions are made. I can discuss your concerns with you, give you information, and suggest options.

I will make every effort to provide birth doula services described here. Sometimes this is not possible (for example, with a rapid labor). I am available to be on-call 24/7 for the two weeks before & after your estimated due date.

Outside of those four weeks, I will do my best to be available if possible or as soon as possible. If due to circumstances beyond anyone's control or failure to contact me, I will keep the deposit.

**Fees.** Deposit: one non-refundable deposit payment for half of the total amount is due to hold your estimated due date. The deposit is a retainer and will hold your priority spot. I accept cash or check; credit or debit cards are accepted via Venmo (@Julieanne-Combest), Cashapp(\$JulieanneCombest), or Square (+a 3% fee on Square). Checks are made out to "JulieAnne Combest. **Please let me know if you need flexibility around payment options and we can work it out together.**

**Remaining Fee:** the second half of the payment will be due by week 37 in your pregnancy. You may choose to pay in installments as long as the full amount is received by 37 weeks. I do offer those who were delighted with the service and wish to pass along a gift, the opportunity to contribute to a scholarship fund that provides for women who might not otherwise be able to afford a doula!

Agreed upon Total Fee: \$ \_\_\_\_\_

Estimated Due Date: \_\_\_\_\_

Deposit Fee: \$\_\_\_\_\_

Date of Deposit Paid: \_\_\_\_\_

Remaining Fee: \$\_\_\_\_\_

Date Remainder to be Paid:\_\_\_\_\_

Printed Name of Client:\_\_\_\_\_

(Signature - Client)

Date\_\_\_\_\_