

## Wonderfully Made

Cheryl Anderson CD, LCCE  
Certified Birth Doula (PALS)  
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[www.birthsbYWonderfullymade.com](http://www.birthsbYWonderfullymade.com)  
360-805-0261 (home) 425-478-7923 (cell)

# Letter of Agreement Describing Doula Labor Support Services, Limits and Fees

## What do I do as a Doula?

As a doula, I accompany women in labor to help ensure a safe and satisfying birth experience. I have completed training from Seattle Midwifery School. I am a member of the Pacific Association of Labor Support (PALS) I draw on my knowledge and experience as a doula and mother to provide emotional support, physical comfort and, as needed, communication with other caregivers to make sure that you have the information you need to make informed decisions as they arise in labor. I can provide reassurance and perspective to you and your partner (if present), make suggestions for labor progress, and help with relaxation, massage, positioning and other techniques for comfort. I am independent and self-employed. As your doula, I am working for you, not your caregiver or hospital.

## Choosing a Doula

I prefer to meet with you and your husband or support person. at least once before labor to become acquainted, to explore and discuss your priorities and any fears or concerns, and to plan how we might best work together. The first meeting does not obligate you to use my services and we can discuss my fees at that time. Prior to the birth I would like to become familiar with your Birth Plan, including your preferences regarding labor management options and the use of pain medications. I also want to learn about your own best ways of coping with pain and fatigue and how you and your husband / support person foresee working together. I will also inform you of times when I am not available for labor support. To cover those times, I will arrange one (or more) back-up doula(s). We will also decide on other meeting times and will certainly want to remain in touch by telephone.

## When you are in labor

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 if I should come right over then or wait for further changes. I usually need approximately one to two hours to get to you from the time you ask me to come. We will also decide where to meet - at your home or your selected birth place. Except for extraordinary circumstances, I or my back-up will remain with you throughout labor and birth.

## After the birth

I usually remain with you for one hour, until you are comfortable, your questions are answered and your family is ready for quiet time together. I would also be happy to help with initial breastfeeding if necessary. I am available for phone contact to answer questions about the birth and your baby and would like to get together with you within one to two weeks to see how you are doing, to review the birth, to admire your baby, and to get feedback from you about my role.

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### What Doulas do not do

As a Doula, I do not:

- Perform clinical tasks, such as taking blood pressure, fetal heart checks, vaginal exams, and others. I am there to provide only physical comfort, emotional and informational support and advocacy.
- Make decisions for you. I will help you get the information necessary to make an informed decision. I will also remind you if there is a departure from your Birth Plan.
- Speak to the staff instead of you regarding matters where decisions are made. I will discuss your concerns with you and suggest options, and I will help you identify key questions that may help you with your decisions, but you or your partner would be the best person to speak to the clinical staff.

In the event of a rapid labor or emergency situation, I will call 911. In the event of an emergency delivery I will do what measures I am capable of to try to keep you and the baby safe and comfortable until EMS arrives. This will fall under The Good Samaritan Law.

### Failure of a Doula to provide service

I will make every effort to provide the services described here. Sometimes this is impossible (for example, with rapid labor). If I, or my back-up, fail to make it to your birth due to either our error, or your inability to call me in an emergency, you will not be liable for the balance of this fee.

### Scheduled Caesarean Clause

Occasionally a woman will have something arise during her pregnancy that necessitates a scheduled Caesarean birth. If this decision is made before your 37th week of pregnancy, you may choose to cancel my services with no further payment owed beyond the deposit.

Alternatively, you may choose to have me come with you to the hospital, accompany you during surgery or wait in the recovery room, and assist you with breastfeeding and adjustment in the first hours after your birth. An extra postpartum visit can also be scheduled at no further charge. In this instance my full fee will be payable.

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### Fees

My fees for the service described here are **\$900.00** to be paid as follows in three equal payments of \$300.00 each.

- **\$300.00** as a retaining fee, due when you select me as your doula.
- **\$300.00** paid at your convenience
- **\$300.00** balance due by: 38 weeks of pregnancy.

Should you not wish to use my services after signing this agreement, but two weeks before your estimated due date, you will forfeit the \$ 300 deposit.

Please make checks payable to **Cheryl Anderson**

I/we have read this letter describing the doula's services and agree that it reflects the discussion we have had.

Date \_\_\_\_\_

Client \_\_\_\_\_

Client's Partner \_\_\_\_\_

Doula \_\_\_\_\_

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**RELEASE FROM LIABILITY**

In entering into a contract for Doula (Labor Support) Services with **Cheryl Anderson** on (Date) \_\_\_\_\_,

I/we hereby acknowledge that during the performance period of this contract, services may be provided to me/us in my/our home, traveling to a medical facility, hospital, and/or birthing center.

I/We understand **Cheryl Anderson** has limited role pursuant to the description of tasks outlined in the above-referenced contract wherever services are provided to me/us. **Cheryl Anderson** has not represented to me/us that contracting for her services guaranteed in any way, a risk free or emergency free labor and birth experience.

I/We understand that my/our doula does not make medical or nursing decisions on my/our behalf, to include the decisions when to seek medical care at a hospital or birthing center when labor support services are provided in my/our home. When services are performed in my/our home or a medical facility,

I/we acknowledge that **Cheryl Anderson** is not responsible for the performance of clinical tasks to include medical or nursing decisions regarding the inclusion or exclusion of treatments available to me/us and my/our baby.

Now, therefore, in consideration of the above acknowledgements, I/we (both jointly and separately) on behalf of myself, ourselves, my/our heirs, administrators, personal representatives, executors, and assigns

I do RELEASE AND FOREVER DISCHARGE **Cheryl Anderson** from all damages or causes of action, either at law or in equity, which I/we may have or acquire or which, may be accrued to me/us, my/our heirs, administrators, personal representatives, executors, or assigns as a result of using the doula services of **Cheryl Anderson**.

I /We intend this to be a COMPLETE RELEASE AND DISCHARGE /her from all liability whatsoever.

[Letter of Agreement continued]

I/We have read all statements contained herein and I/We fully realize that I/We are signing a COMPLETE RELEASE AND BAR to any claim, which I/We have or believe I/We may have resulting- from- our contract for doula services.

(Client) \_\_\_\_\_

(Date) \_\_\_\_\_

(Client's Partner) \_\_\_\_\_

(Date) \_\_\_\_\_

(Parent/guardian) \_\_\_\_\_

(Date) \_\_\_\_\_

(Doula) \_\_\_\_\_

(Date) \_\_\_\_\_