

My Peaceful Birth Doula/Monitrice Agreement

Services Include: Two prenatal visits, lasting 1 hour long, for the expectant mother and doula/monitrice to get to know each other, and for me to learn best how I might serve the mother in childbirth, one prenatal visit to healthcare provider, and unlimited phone and email contact.

On call availability 24 hours a day, 7 days a week, starts at the beginning of the expectant woman's 36th week of pregnancy, available for emotional and informational support, and the onset of labor.

Continuous doula/monitrice labor support begins from the time that active labor is determined or induction is begun, through early postpartum period.

One or two postpartum home visits, lasting one to two hours for processing labor experience, breastfeeding support, emotion and informational support.

As your doula/monitrice, I am working for you, not your caregiver or hospital. Throughout our relationship I will provide the following to the best of my ability:

- ❖ Emotional support, prenatally, throughout labor, and in the early postpartum period.
- ❖ Encouragement and support for laboring woman's partner to participate at their comfort level.
- ❖ An experienced and objective viewpoint.
- ❖ Assistance in obtaining information in order to make informed decisions.
- ❖ To facilitate communication between the laboring woman (couple) and healthcare providers.
- ❖ Suggestions and techniques to enhance labor and ease pain.
- ❖ Breastfeeding support

Monitrice Specific Services

- ❖ Monitoring limited clinical
- ❖ Monitor mother's vital signs during labor
- ❖ Monitor babies heart beat during labor
- ❖ Check cervical dilation

Services Not Provided

- ❖ Medical advice, diagnosis, or treatment.
- ❖ Decisions for or on your behalf.
- ❖ Promise of pain free labor or birth.
- ❖ Specific health outcomes for mother or child.

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Responsibilities as Clients

- ❖ ___ We will participate in childbirth preparation classes of our choice (1st baby or VBAC only) (Optional but highly recommended).
- ❖ ___ We will tour our birth facility if we have not used it before, and if we have, we will familiarize ourselves with any changes in layout or policies that have taken place since our last birth.
- ❖ ___ We will email our doula/monitrice after each prenatal appointment or test to keep her informed about our pregnancy.
- ❖ ___ We will contact our doula/monitrice as soon as we think we might be in labor to keep her informed, even if we do not need support yet.
- ❖ ___ We will contact our doula regarding any change or complication that pertains to this pregnancy
- ❖ ___ We will offer complete transparency and answer all questions pertaining to this pregnancy openly and honestly
- ❖ ___ We will contact our doula/monitrice when we feel we need her, and understand that it may take an hour or so for her to reach us.
- ❖ ___ We will discuss our preferences and clearly state our choices to her. She will support any choices we make.
- ❖ ___ This is our birth. While everything our doula/monitrice does is aimed at helping us have the birth of our dreams, that can happen only if we understand all our options, ask questions, and state our choices/preferences both to her and to our health care providers.
- ❖ ___ We understand that our doula/monitrice is there to support and inform us to the best of her ability but that we are responsible for all decisions we make regarding our pregnancy, labor and delivery.

Fees for Doula or Monitrice Services

Fees for services are \$900-\$1200 for birth doula/monitrice services. Fee will be discussed and agreed upon at the conclusion of the initial consult once you retain me as your doula.

I agree to pay \$ _____ for doula/monitrice service.

Fees covering the birth doula care package including a minimum of:

- ❖ Two prenatal visits in your home plus one visit with healthcare provider.
- ❖ On call availability 24/7 starting four weeks before, through two weeks after mother's due date (up to 6 weeks).
- ❖ Unlimited telephone, text and email contact.
- ❖ Continuous support through labor, birth, and early postpartum.
- ❖ Two postpartum visits.

I understand that Amy Olson is a student midwife but will only be working for me in her capacity as a Doula/Monitrice.

Initial: _____

A \$100.00 deposit will secure your place on my calendar. This non-refundable deposit pays for prenatal visits and on call availability (for up to 6 weeks). The balance of \$ _____ is due on or before your 38th week of pregnancy.

Deposit received on _____ **Balance due by** _____
Cash, Check, Facebook/Paypal payment is payable to Amy Olson, stan_amyolson@yahoo.com

In the event that a circumstance beyond our control (such as extreme weather) prevents my attendance of your labor and birth, a portion of your fee may be refunded to you, depending on the total fee agreed.

I have read and understand this *Letter of Agreement*. I agree to take full responsibility for all health care decisions I make. Amy Olson will not be held liable for any consequence to me or my child, resulting from decisions that I make.

Printed name _____ Client's signature _____

Partner's printed name _____ Partner's signature _____

Address _____

Phone Number _____

Email Address _____

Doula/Monitrice signature _____

Date _____