What is a Doula? I accompany women in labour to facilitate a satisfying birth experience. I draw on my knowledge and experience to provide emotional support, physical comfort and assistance in communicating with your caregivers so that you can make informed decisions as they arise in labour. I can provide reassurance and perspective to you and your partner, make suggestions for labour progress and help with relaxation, massage, positioning and other techniques for comfort. As your doula, I am working for you, not your caregiver or hospital.

Free Consultation. Our first meeting is a free consultation. It does not obligate you to use my services. We will use it to become acquainted, explore your priorities for labour and birth and talk about how we might best work together. At that time, we will discuss fees and settle on a payment plan.

Prenatal visits. If you do select me to be your doula, we will have two more meetings before your due date. I will want to become familiar with your Birth Plan, including your preferences regarding management options and the use of pain medications. I will also want to know your own best ways of coping with pain and fatigue and how you and your partner foresee working together.

Phone Contact. Once you have engaged me as your doula I will provide you with my cell phone number and you may call anytime you have any concern, during your pregnancy, once your labour has started and for six weeks after the birth of your baby.

When you are in labour. I prefer that you call me when you think you are in labour, even if you do not yet need me. I can answer questions and make suggestions over the phone. I will come to you when you feel the need of my help. When you decide to go to the hospital (in consultation with your caregiver), I will come with you. Except for extraordinary circumstances, I will remain with you throughout the labour and birth.

After Birth. I usually remain with you for one or two hours after birth, until you are comfortable and your family is ready for some quiet time together. I will make two post-partum visits in the first two weeks of your baby's life. Two or three weeks after the birth I will visit once more to deliver your baby's birth story and say goodbye.

As a doula, I do *not:*

- Perform clinical tasks, such as blood pressure, fetal heart checks and vaginal exams. I do not prescribe or administer medications. I am there to provide only physical comfort, emotional 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 so that you may discuss it with your caregiver.
- Speak to the staff on your behalf. I will discuss your concerns with you and suggest options, but you or your partner will speak on your behalf to the clinical staff.
- I am not responsible for providing transportation to the hospital.
- The information I provide does not, in any way, replace the care and advice of a registered midwife or medical doctor.

Special Circumstances. I will make every effort to provide the services described here. Sometimes this is impossible (for example, a rapid labour). If my backup or I fail to attend your birth due to my error, there will be no charge for our services, and I will refund the retaining fee. If it is due to circumstances beyond anyone's control or your failure to call me, or if you change your mind and decide not to use my services, I will keep the retaining fee, but there will be no further charges.

Fees. My fee for the services described here is $600, to be paid as follows:

- $150 as a retainer fee, due when you select me as your doula
- $450 in a post-dated cheque, dated two weeks after your due date

Other Services. In addition to my doula services, I also offer post-partum support, breastfeeding help and placenta encapsulation services at an additional fee.

I/we have read this letter describing the doulas services and agree that it reflects the discussion we had with her.

_____	_____	_____	_____
Date	Client	Client's Partner	Doula