

*Letter of Agreement  
Describing Birth Doula and Postpartum Doula  
Services, Limits & Fees*

**As Your Birth Doula:**

Your Doula will meet with you and your partner three times before labor to become acquainted, to explore and discuss your priorities and any fears or concerns, and to plan on how we might best work together. One of our sessions will focus on learning your best ways of coping with labor and how you and your partner foresee working together.

Your doula will also inform you of times when they are not going to be available and that you can expect to have another doula from our team.

**When you are in Labor:**

We ask that you call us when you think you are in Labor, even if you do not yet need her. Your doula can answer questions and make suggestions over the phone. She will decide if she should come right then or wait for further change. Your doula may need approximately one hour to get to you from the time you ask her to come. Your doula will also decide where to meet- at your home, the hospital or birth center. Except for the extraordinary circumstances, your doula or a doula from our team will remain with you throughout labor and birth

**After Birth:**

Your doula will usually remain with you for approximately one hour after birth, until you are comfortable and your family is ready for quiet time together. Our doulas can also help with initial breast-feeding.

We are available for phone contact to answer questions about the birth or 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 our role.

**Contacting your Postpartum Doula:**

We prefer that you call your doula when you think you are in labor. Once your baby is born, we can then determine the day you wish her to start. We are available to you via phone or email at any time before or after your deliver of your baby for questions regarding postpartum care.

**As Birth or Postpartum Doulas, we do not:**

Perform clinical tasks, such as blood pressure, fetal heart checks, vaginal exams, and others. We are there to provide only physical comfort, emotional support and advocacy.

Make decisions for you. We will help you get the information necessary to make an informed decision and 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 being made. We will discuss your concerns with you and suggest options, but you or your partner will speak on your behalf to the clinical staff.

**Refund Policy:**

Dolphin Yoga & Doula Center has put a team of qualified doulas together to assist you in your birth experience. We do take multiple clients per month and are committed to each client getting the best care possible. We can assure you that one of our doulas will be at your birth and attend your requested postpartum hours. In a rare circumstance, this is impossible (for example, with rapid labor). If failure to attend your birth is due to our error, there will be no charge for our services and we will refund your fee in full. If it is due to circumstances beyond anyone's control or your failure to call us, we will keep your deposit for our services already performed and not collect the rest of your payment.

Your deposit & additional services fees are to be paid upon signing this contract. The remainder of the fees will be collected at your Post Partum visit from your Doula. See Services and Fees page for specific prices and balance due dates.

