



Matilda Doula Services  
www.matildadoula.com ~ 206.399.8506

## Agreement for Doula Services

### **Letter of Agreement Describing Labor Support Services, Fees and Limitations**

**As a Doula**, I accompany women in labor to help ensure a safe and satisfying birth experience. I draw upon my knowledge and experience to provide emotional support and physical comfort, and to facilitate communication with your healthcare provider to ensure you have the information needed to make informed decisions in labor. I can provide reassurance and perspective to you and your partner, make suggestions for labor progress, and help with relaxation, comforting touch, positioning, and other techniques for comfort. I am independently self-employed. As your doula, I am working for you, not your caregiver or hospital/birth center.

**Choosing a Doula.** If you choose to hire me as your doula, I will want to become familiar with your plans for labor, birth, and postpartum. I will also want to know your own best methods of relaxation and how you and your partner foresee working together. I will also inform you of times that I am not available for labor support and will do my best to ensure my availability for your labor and birth. We may also decide on other meetings and will certainly want to remain in touch by telephone or email.

In addition to the consultation, I would like to meet with you and your partner at least once before labor to become acquainted, to explore and discuss your priorities or concerns, and to plan how we might best work together. We can meet as many times as you want after that.

It is your responsibility to educate yourself about birth. I recommend that you take a childbirth class. I can give you recommendations or assist you in finding one that would be suitable for you, if needed. I can definitely provide you with information, but I am not a childbirth educator.

#### **As a doula, I do not**

- provide medical diagnosis; you will obtain this from your caregiver.
- perform clinical tasks, such as measuring blood pressure, making fetal assessments or giving vaginal exams, or any other medical procedure that falls under the legal definition of practicing medicine.
- provide information, dosages or advice concerning prescription or alternative medicine.
- drive a laboring mother to the hospital or birth center, but I will accompany you, upon request and where permitted, as a passenger in a privately owned vehicle, or ambulance. Otherwise, I will provide my own transportation to your home and/or the birth place.
- make decisions for you - I will help you get the information necessary to make an informed decision.
- guarantee the outcome of your goals for labor and delivery.

**When you are in labor**, I prefer that you call me as soon as you think you are in labor, even if you do not yet need me, so that I can make childcare arrangements. I can answer questions and make suggestions over the phone. We will decide at this time whether I should come to your home right then or wait for further change. I would like you to allow me at least an hour to get to you from the time you request my presence. Except for extraordinary circumstances; such as prolonged labor, I will remain with you throughout your labor and birth.



Matilda Doula Services  
www.matildadoula.com ~ 206.399.8506

**After birth,** I can remain with you for one to two hours, unless you are comfortable and your family is ready for private time together. I can also assist you with breastfeeding, if necessary. I am available for phone contact to answer any questions you may have during your early postpartum period. I would like to meet one last time within one to two weeks following your birth to see how you are doing, to review the birth, to admire your baby, and to get feedback from you about my role.

**My total fee for these services** as described is \$1600. A \$700 nonrefundable retainer fee is due when you sign this contract. The remaining balance of \$900 is due at our prenatal meeting, unless special arrangements are made in advance. Please inquire about a payment plan if you need one.

**If I am unable to attend your labor and birth,** you have the option of having a backup Doula attend in my place. If you choose not to use my backup, I will keep the retainer fee and the remaining balance will be refunded. I will make every effort to provide the services described herein. Sometimes, this is impossible (i.e. a rapid labor and birth).

If you *opt* not call me to attend your labor and birth, the retainer fee and the remaining balance will be kept.

**Liabilities and Limitations.** Because my primary objective is to provide emotional and physical support, and not to provide medical care, I cannot be held liable for adverse or unexpected medical conditions during labor, birth, and postpartum. By signing this agreement you agree to indemnify and hold Matilda Lindén harmless from and against any and all liabilities arising from this agreement.

**I/we have read this letter of agreement describing the doula’s services and agree to it.**

Client: _____	Doula: _____
Partner: _____	Deposit Received on: _____
Total Fee: _____	Remaining Balance Received on: _____
Signature of Client: _____	Signature of Doula: _____
Date: _____	Date: _____

- I am interested in having my placenta encapsulated!

*Please make checks payable to: Matilda Lindén*

Matilda Lindén  
(206) 399-8506