



## AGREEMENT FOR LABOR SUPPORT

### General definition of what a CAPP doula provides:

- Timely information that encourages informed consent and open communication.
- Resources when necessary or requested.
- Support for expectant woman and her partner.
- Information regarding childbirth options.
- Assistance in formulating ideas for the birth of their child.
- Information about a well balanced diet and fluid intake.
- Focus on the comfort of mom and partner throughout labor and childbirth.
- Help with creating a confident and secure environment in which to labor and birth.
- Assistance with breastfeeding and family bonding.
- Labor support at home, hospital or birth center.

### Explanation of Services -

- Go on call from 38 weeks - spontaneous labor or medically necessitated induction/cesarean. Prior to 38 weeks, every effort will be made to be at the birth however, in the event Desirre is not readily available, a back-up will be necessary for part or all of the birth.
- Carry her cell phone at all times once on call and will inform you if she is going further than 1 hr. away.
- 2 prenatal visits (1 at PFB office, 1 in your home ). Visits usually last 1-1.5 hours.
- Continuous labor support from the time she arrives through immediate postpartum. She will not leave unless requested and will then be available by phone. If labor is long, she has option of calling in a back-up doula so she can rest.
- 2 postpartum visits (#1 in your home, #2 at your home or PFB office). The visits will take place generally on days 3 and 14 postpartum or within 3 weeks of the birth. She will also be available by phone or email for the first 8 weeks postpartum.
- Provide a super bill for HSA, FSA or insurance for filing by client upon request.

### Client Responsibilities -

- Participate in a childbirth (perinatal) preparation class and a breastfeeding class of own choosing if have never taken one or is 1<sup>st</sup> baby. Out of hospital classes are encouraged.
- Contact Desirre consistently as stated below.
- Write a birth plan, make efforts to clearly communicate with your care provider and staff needs, desires and to participate in informed decision making throughout the process.

### When and how to contact Desirre - 719-331-1292 or [desirre@prepforbirth.com](mailto:desirre@prepforbirth.com) (text, call or email)

- After every prenatal with OB/MW or related provider to update Desirre or with questions or concerns.
- Prior to a non-medical induction being scheduled as her scheduling needs must also be taken into consideration.
- If it is **thought** labor has begun, are changes in discharge, intuition, something is different or simply with questions.
- Backup Doula Information: Tiffany Miller 719-432-9712

### Hiring and Fees for Services -

- Desirre will hold your space **for 2 weeks** after the interview. To ensure availability, contact her within that timeframe if you are interested in hiring her.
- The fee for services is \$575. The deposit of \$275 is due with the signed agreement and officially commits Desirre to you. The balance is due at 38 weeks. Fees to be paid as outlined unless other arrangements have been agreed upon (bartering, payment plan, etc.).
- Within 7 days of formally contracting with Desirre, the agreement may be withdrawn and the deposit returned.
- In the event Desirre (back-up) misses the labor/birth due to her error, she will return all but \$200 (which covers prenats) of the paid fee. If postpartum support is still desired, then the \$250 labor portion of paid fee will be returned. If she misses the labor/birth due to your error or actions (do not call her, etc.) the fee is generally non-refundable, but negotiable depending on circumstances.

### Miscellaneous –

- Dates of Unavailability disclosed at agreement signing (the back-up will be available): \_\_\_\_\_.
- I will allow the use of my birth story for educational or peer review purposes. *Keep anonymous* \_\_\_\_\_.
- Childbirth Education is available at an additional fee. See website for details.
- I am amenable to having a training or mentoring doula attend the birth alongside Desirre at no additional fee. \_\_\_\_ yes \_\_\_\_no

I understand and agree to the terms of this agreement.

Client

date

Desirre Andrews

date

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