



Rachel Connolly Kwock CD(DONA)  
Serving Morris & Surrounding Counties  
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Letter of Agreement  
Describing Doula (Labor Support)  
Services, Limits, and Fees

**What is a doula?**

As a doula, I support women in labor to help protect a safe and satisfying birth experience. I provide emotional support, physical comfort and, as needed, communication with the staff to make sure that you have the information you need to make informed decisions as they arise in labor. I can provide reassurance and perspective to you and your partner, make suggestions for labor 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.

**Before Labor**

I prefer to meet with you and your partner at least once at a prenatal meeting to become acquainted, to explore and discuss your priorities and any fears or concerns. We can discuss your birth wishes, including your preferences regarding pain management and your view on the use of medications. I also want to know your best ways of coping with pain and fatigue and how I can best facilitate collaboration between you and your partner. We may also decide on other meetings and will certainly want to remain in touch.

I will also inform you of times when I am unavailable for labor support (if applicable). To cover those times, I work with other doulas to ensure that there will always be a back-up available. Your signature of this agreement expresses consent for me to share your birth plan and intake form with your back up doula.

**When you are in labor**

I prefer that you call or text me when you think you are in labor, even if you do not yet need me. I can answer questions and make suggestions over the phone. We will decide if I should come right then or wait for further change. I usually need approximately two hours to get to you from the time you ask me to come. We will also decide where to meet – at your home or at hospital. Except for extraordinary circumstances, I or my back-up will remain with you throughout labor and birth.

**After birth**

I will remain with you until you are comfortable and your family is ready for quiet time together. I will also help as you establish breastfeeding at the hospital or birth center (if breastfeeding is your wish).

Postpartum, I am available via phone/text to answer questions about the birth or your baby and would like to visit you within 7-10 days to see how you are doing, to debrief about the birth, to admire your baby, and answer any questions you may have about breastfeeding or your baby, babywearing, nutrition, self-care, etc....

**As a doula, I DO NOT not:**

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

- ❖ Make decisions for you. I will help you get the information necessary to make an informed decision.
- ❖ Speak to staff instead of you regarding matters where decisions are being made. I will discuss your concerns with you and suggest options, but you or your partner will speak on your behalf to the clinical staff.

**Failure of a doula to provide service**

I will make every effort to provide the services described here. Sometimes this is impossible (for example, in the event of a rapid labor).

If my failure to attend your birth (by me or a back up) is due to my error, there will be no charge for my services, however I will retain \$200 of the retaining fee to cover prenatal care as well as holding my schedule.

**Fees**

My fee for the services described here are \$1200., to be paid as follows via check or paypal (rachelhartc@gmail.com):

- \$200. as a deposit to reserve me as your doula.
- \$500. as a 2<sup>nd</sup> deposit at prenatal meeting (or 37 weeks latest)
- \$500. final balance due at prenatal visit or by 37 weeks  
(post-dated check held until birth has taken place)

**Refunds**

No refunds after 38 weeks.

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

Client	Partner
Contact email & phone	Contact email & phone

Hospital: \_\_\_\_\_

Provider: \_\_\_\_\_

EDD: \_\_\_\_\_

Home address: \_\_\_\_\_

\_\_\_\_\_  
Rachel Connolly Kwock CD(DONA)



