



AGREEMENT FOR LABOR SUPPORT

General definition of what a CAPPA 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.

Responsibilities of Desirre -

- Go on call 24 hrs./day at 38 weeks through spontaneous labor or medically necessitated induction.
- Before 38 weeks, every effort will be made to be at the birth, however, it may take longer for her to arrive or a back-up doula may be necessary for all or part of the birth.
- Once on-call she will carry her cell phone at all times and will inform client if she is going further than 1 hr. away.
- Provide 2 prenatal visits (1 in office, 1 in client's home). Visits are customized to include, but are not limited to, emotional, physical and informational preparation for the perinatal period. Visits usually last 1.5-2 hours.
- Provide continuous labor support from the time she arrives through immediate postpartum. She will not leave unless asked to and will then be available by phone. She has the option after 24 hours of continuous support to call in a back-up doula so she may rest for 1- 2 hours.
- Provide 2 postpartum visits to discuss the birth, answer any questions, offer postpartum information, offer resources, and provide breastfeeding support. 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 6 weeks postpartum.
- Provide a super bill for HSA, FSA or insurance for filing by client.

Responsibilities of Client - _____

- Participate in a childbirth (perinatal) preparation class and a breastfeeding class (1st baby) of own choosing.
- I understand this is my birth and Desirre will assist me however possible to achieve the desired outcome and experience. I will make efforts to clearly communicate with my care provider and staff my needs, desires and to participate in informed decision making throughout the process.

When and how to contact Desirre -

- At 719-331-1292, desirre@prepforbirth.com or text message. If texting, call if have not heard back within 5-10 minutes. Please do not email or use social media when labor or something emergent occurs.
- After every prenatal with OB/MW or related provider to update her 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.
- When in-person support is desired.

Fees for Services -

- The fee for services is \$550. A deposit minimum of \$200 is due with the signed agreement and 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 once contacted to come due to her error, she will return any paid fee minus the deposit unless client desires postpartum support, then \$250 will be returned. If she misses the labor/birth due to my error or actions (do not call her, etc.) the fee is generally non-refundable, but negotiable.

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 and/or Spouse/Partner

date

Desirre Andrews

date