



# Crowning Lotus

Letter of Agreement Describing Emergency Labor Support Services, Limits, and Fees

Doula: \_\_\_\_\_

Assistant (if applicable): \_\_\_\_\_

## *What is our role as your doula?*

We accompany women in labor to help ensure a safe and satisfying birth experience. Drawing on our knowledge and experience to provide physical, emotional, and informational support to women and partners. We are independently self-employed and as your doula, we are working for you, not for your caregiver or the hospital.

## *Calling in Emergency Birth Services:*

Emergency Doula Services are provided on an availability basis. We will do our best to find you a doula to work with that can get to you the soonest. Once that doula is there, you are fully obligated to pay the full fee of this service.

## *What you can expect when you are in Labor.*

**Comfort techniques:** We offer help and advice with comfort measures such as guiding your breathing, enhancing relaxation, encouraging movement, suggesting effective positions for labor, and doing massage.

**Advocacy:** We can assist with gathering information about the progress of labor to make sure you have the information you need to make informed decisions about your birth. We encourage you to advocate for yourself if the situation calls for it.

**Emotional support:** Our most critical role is providing continuous emotional reassurance and comfort.

## *After Birth.*

We expect to remain with a client for 1-2 hours after birth, until you are comfortable, and the family is ready for quiet time together. We can assist with initiating breastfeeding and offer you information and support regarding your recovery.

## *What Doulas do not do.*

- We do not perform clinical tasks, such as blood pressure, fetal heart checks, vaginal exams, etc. We are there to provide only physical and emotional support.
- We do not make decisions for you. We will help you get the information you need to make your own informed decisions. We will remind you if there is a departure from your Birth Plan, and will verify if this is, in fact, your informed decision.
- We will not speak to medical staff regarding matters where health care decisions are being made. We can discuss your concerns with you and suggest options. We can support you in discussions with staff as your advocate, making sure you have the opportunity to discuss concerns, but you or your partner will speak on your behalf to the medical staff.

## *Fees.*

The fee for Emergency Doula Services is \$650.00 and a minimum of \$150 must be paid at the time of service.

The remainder can be paid directly to your doula in full or in payments with the first payment being due within 30 days of your baby's birth. If you need this option, please outline your agreement below.

Payment Arrangements: \_\_\_\_\_/monthly (as low as \$50/month)

Payments can be mailed to: \_\_\_\_\_

*Failure to pay your doula will result in up to 3 reminders before further legal action is taken.*

I / We have read this letter describing Crowning Lotus doula services and agree to the terms expressed here.

\_\_\_\_\_  
Mother

\_\_\_\_\_  
Doula

\_\_\_\_\_  
Partner

\_\_\_\_\_  
Assistant

\_\_\_\_\_  
Date