



Community Doula Program

Letter of Agreement for Doula Services

What is a doula?

As a birth doula, I draw on my professional training, knowledge and experience to provide informational, emotional and physical support to help you have the best possible birth experience. I can provide reassurance and perspective to you and your partner, make suggestions for labor progress, and help with relaxation, soothing touch, positioning and other techniques for comfort. As your doula, I am working for you, not your caregiver or the hospital/birth location.

Before labor.

I will meet with you twice before labor to become acquainted, to explore and discuss your priorities and any fears or concerns, to discuss your birth preferences and to plan how we might best work together. During these visits we can include any support people you would like to be a part of the discussion.

I will also inform you of times when I am unavailable for labor support. To cover those times, or in the extremely unlikely event you are unable to reach me when you are in labor, you can call 541-360-8699 to get the support of a qualified backup doula.

Throughout the duration of our time together, we will want to remain in touch by phone, text and/or email.

When you are in labor.

I prefer that you call 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 one hour to get to you from the time you ask me to come. Except for extraordinary circumstances, I will remain with you throughout labor and birth.

After birth.

I will be there until you are comfortable, and your family is ready for quiet time together, usually 1-2 hours. I can also help with initial breastfeeding, if necessary.

I am available to answer questions about the birth or your baby and would like to get together with you twice within the first six weeks after the birth to see how you and your baby are doing and provide support and referrals.

What doulas do NOT do.

As a doula, I do not:

1. Perform clinical tasks, such as blood pressure, fetal heart checks, or vaginal exams.
2. Make decisions for you. I will help you get the information necessary to make an informed decision. I will also remind you if there is a departure from your birth preferences.
3. Speak to the staff on your behalf. I will discuss your concerns with you and suggest options, but you or your partner will speak directly to the clinical staff.
4. Provide transportation.
5. Provide interpretive services.
6. Provide childcare.

Failure of a doula to provide service.

I will make every effort to provide the services described here. Sometimes this is impossible (for example, with rapid labor). If my failure to attend your birth is due to my error or you have complaints about my services, you can notify the Community Doula Program coordinator Roslyn Burmood at programs@valleybirthandbeyond.org, 541-760-3656.

Fees.

The Community Doula Program’s services are reimbursed 100% by the state of Oregon for all IHN-CCO clients. You give your consent for the program to bill and be reimbursed for services we provide for you.

If your insurance changes, please inform the program coordinator as soon as possible.

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

Client

Date

Client's Partner

Date