

Letter of Agreement - Virtual Support

In this time of social isolation, it is unknown whether or not your doula will be allowed into the hospital or even in your home for labor support. In order to provide childbirth preparation and virtual labor support, the rules have changed and, of course, they may change again before your baby arrives. If the quarantine status changes between the time you hire your doula and you give birth, you can still choose virtual support or, if your doula is allowed to provide support in person, the standard fees go in effect.

Your doula will draw on her knowledge and experience to provide emotional support and information to help you make informed decisions during pregnancy and labor. Your doula can provide reassurance and perspective to you and your partner, make suggestions for labor progress, and help with relaxation, positioning and other techniques for comfort. Your doula is independent and self-employed. Your doula works for you, not your caregiver or hospital.

You can sign up now for any or all of the following options:

Virtual Interview: A free 20-30 minute virtual interview so you can ask some questions.

Virtual Introductory Class: The Introductory Class usually lasts about 1-1/2 to 2 hours and is very informative. Learn some childbirth and newborn tips to get you started. This class costs \$100 and can stand alone or be followed by the series of three virtual Prenatal Visits. If you want the packet of handouts and samples that I would ordinarily provide at an interview, I will ship it to you for an additional \$25.

Virtual Childbirth Preparation Series: Three childbirth preparation classes (about five to six hours of one-on-one childbirth education) provide tips on how to get the birth you want in a hospital setting, what hospital protocols and necessary and how, when and why to avoid to unnecessary ones. These prenatal visits will prepare you for birth and you won't have to take any additional childbirth education classes other than Infant CPR.

The cost for the complete package of 3 prenatal visits is \$500.

Virtual Labor Support: If you have taken all three prenatal classes, there is a \$500 retainer fee for virtual labor support. Of that, \$300 is non-refundable and will ensure my availability. The \$200 balance will go toward the hourly rate for virtual labor support.

Hourly Rate for Virtual Labor Support: \$100/hour, prorated by 15 minute increments per call or \$25 per call for up to 15 minutes. For example, a 10 minute call would be \$25 - a 25 minute call would be \$50.

Unlimited Virtual Labor Support: If you don't want to be concerned about the hours being used or keeping track of time during labor, I am happy to provide unlimited virtual support for as much time as you need. The flat rate for this support is \$2,000 if you have taken all 3 prenatal visits or \$2500 if you have not.

When we are not in quarantine, my standard fee is \$3,200 with discounts that can bring it down to \$2,000.

Backup: While it is extremely unlikely that your doula will not be available to provide virtual support, experienced virtual doulas are available, should the need arise.

When you are in labor: Your doula should be called or texted when you think you are in labor or as soon as your bag of waters has released, even if you do not yet need her virtual support yet. Together you and your doula will help you decide when you will need to leave for your birth location.

Hospitals: Hospitals have varying rules regarding doulas and other support people. Before you sign this agreement, please check with your hospital regarding policies for virtual attendance of doulas in labor, delivery, and recovery. If hospital policy does not allow your doula to virtually attend your labor and/or delivery, your doula will not provide a refund.

Waiver of Liability: As the express condition of my performance of services under this agreement, you agree, on your own behalf and on behalf of all persons or entities you may bind under California law, to waive and hereby do waive any rights, claims or causes of action that you may have against your doula now and in the future with respect to your pregnancy, birth, postpartum period or the services your doula may provide and/or fail to provide to you. You expressly understand that, as doulas, we are not medical professionals and therefore cannot and will not provide you with medical care or advice.

Dispute Resolution: We agree, in the unlikely event that a dispute should occur between us, that all disputes shall be resolved pursuant to California law within the County of Los Angeles and that, except as otherwise indicated below, the parties to this agreement are not entitled to and shall not receive attorneys' fees and/or expenses arising from any such dispute.

Responding to Subpoenas and Other Requests for Information: If your doula is required to respond to a subpoena of her records relating to services your doula performed for you, or to testify by deposition or otherwise concerning such services, you agree to reimburse the doula for her time and all expenses incurred in responding to any such demand, including, but not limited to, loss of earnings, appearing at depositions or hearings, or retaining an attorney.

Fees for virtual support: Payments can be made by check or through PayPal to tracy@bestdoulas.com or Venmo to @tracy-hartley-2.

- _____ \$100 Virtual Introductory Class: 1-1/2 to 2 hours (must be paid in full before class)
- _____ \$25 Shipping cost for packet of handouts and samples (optional - must be paid in full before shipping)
- _____ \$500 Virtual Childbirth Preparation Series following Introductory Class (must be paid in full before first class)
- _____ \$500 Virtual Labor Support: retainer fee (\$300 is non-refundable and \$200 will go toward the hourly rate for virtual labor support (must be paid in full 2 weeks before your due date) or
- _____ \$2,000 Unlimited Virtual Labor Support if you have taken all 3 prenatal visits (must be paid in full 2 weeks before your due date) or
- _____ \$2,500 Unlimited Virtual Labor Support if you have not taken all 3 prenatal visits (must be paid in full 2 weeks before your due date)

I/we have read and understood this letter describing the doula's services and agree to its terms. I/we consent to the release of this and all other information pertaining to me to the person(s) designated as backup for my birth.

Date _____

Client _____
(Print)

(Signature)

Partner _____
(Print)

(Signature)

Doula tracy hartley
(Print)

(Signature)