

Letter of Agreement

Your doula will draw on her knowledge and experience to provide emotional support, physical comfort and information to help you make informed decisions during labor. Your doula 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. Your doula is independent and self-employed. Your doula works for you, not your caregiver or hospital.

Prenatal: Much of the work we will do together takes place before labor begins. Your doula will meet virtually with you and your partner before labor to become acquainted, to explore and discuss your priorities and any fears or concerns, and to plan how you all might best work together. Your doula will help you create your Birth Plan, including your preferences regarding pain management options and the use of pain medications. Your doula will also want to know your own best ways of coping with pain and fatigue and how you and your partner foresee working together and with her.

Backup: Your doula will inform you of times when she is unavailable for labor support and will arrange one or more backup doulas. Backup doulas may or may not provide all of the additional services, such as photography or birth letter, but will provide standard doula services listed herein.

Doulas do NOT:

- ~ Perform clinical tasks, such as blood pressure, fetal heart checks, vaginal exams, or other medical procedure that fall under the legal definition of practicing medicine.
- ~ Provide information, dosages or advise concerning prescription or alternative medication, or medical advice pertaining to you or your baby.
- ~ Make decisions for you. Your doula will help you get the information necessary to make an informed decision. Your doula will also remind you if there is a departure from your birth plan.
- ~ Speak to the staff on your behalf. Your doula will discuss your concerns with you and suggest options, but you or your partner or a family member or friend will speak on your behalf to the clinical staff.

When You Are in Labor: Your doula should be called 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. Together you and your doula will decide if you need support right away or wait for further change. Your doula or her backup will usually be with you within two (2) hours from the time you ask her to come (longer if you live or are giving birth more than 15 miles from the doula's home address and/or if the drive occurs during rush hours or rain). Your doula can answer questions and make suggestions by phone. You and your doula will also decide whether to meet at your home or the birth place. Except for extraordinary circumstances, your doula or her backup will remain with you throughout labor and birth.

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

Disclosure of Communicable Diseases: You agree to disclose any communicable diseases that you have so that your doula can take appropriate precautions.

Surgical Births (C-Sections): Your doula regularly attends surgical births and will provide support throughout that process as long as the hospital will allow it. If you are having a scheduled c-section and your hospital will not allow your doula to be there, B*E*S*T will give you a coupon for \$400 toward your next birth or provide four (4) hours of postpartum care to make up for lost support time. You are free to use this any time, whether in the hospital immediately following the birth or later, in your home. This only applies to scheduled c-sections where there has been no labor support prior to surgery.

After the Birth: Your doula usually remains with you for about one hour after the birth, until you are comfortable and your family is ready for quiet time together. During that time, your doula will take photographs of your new family and help with initial feeding if baby is stable. Your doula is available for phone contact to answer questions about the birth of your baby. Your doula will provide an optional postpartum visit, at your request and convenience, to see how you are doing, to review the birth, to admire your baby, and to get feedback from you about her role. Your birth doula does not provide postpartum care but is happy to provide referrals to excellent postpartum doulas.

Long or Short Labor: The fee for doula services covers the prenatal education, on call time, limiting the number of additional clients, etc. You and your doula are both hoping for a birth that lasts a reasonable amount of time. If you are lucky enough to have a very short labor, everyone 'wins' and if you have a very long labor, your doula will be there for as long as you need her to be and not charge you any additional money.

Waiver of Liability: As the express condition of your doula's 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.

Options and Fees:

NOTE: All prices reflect virtual meetings. For meetings at your home or a public space, a \$75 travel fee will be added per trip, if 15 miles or less, and a \$100 travel will be added per trip, if greater than 15 miles

but less than 25 miles from the doula's home (location provided at the bottom of the last page of this agreement). In person meetings are not available if you live more than 25 miles from doula's home.

Virtual Interview: A free, 20-30 minute virtual meeting so you can ask some questions, get more information and see if we might be a good match. The \$20 fee to set up the meeting will be refunded.

Introductory Class – Pregnancy, Childbirth and Newborn Tips: This introductory class takes about 90 minutes to two (2) hours and costs \$100. You will learn a lot about pregnancy, birth and newborn care. If you want the packet of samples that I will discuss, I will ship it to you for \$25. This introductory is the first class of the series and will help you decide if I am the right doula and educator for you.

Virtual Childbirth Preparation Classes: In addition to the Introductory class, these three Childbirth Preparation Classes (about five to six hours of one-on-one childbirth education) will educate you and allow us to get to know each other in greater depth, teach you tips on how to get the birth you want in a hospital setting, what hospital protocols are necessary and how, when and why to avoid the unnecessary ones. You won't need to take any additional childbirth education classes other than Infant CPR. The cost for the complete package of three Childbirth Preparation Classes is \$500. If you have a pregnant friend or friends who join you for a "group" class, each friend gets a \$50 discount and you get a \$50 discount for each friend.

Unlimited Virtual Labor Support: Your doula can provide unlimited virtual support for as much time as you need. The flat rate for this support is \$1,000 if you have paid for and taken all four (4) Childbirth Preparation Classes or \$1,500 if you have not.

Best of Both Worlds: A newer doula who has received special training by Tracy Hartley will provide hands-on support while Tracy or another highly experienced doula will be available for unlimited support virtually throughout your labor. The flat rate for this support is \$2,000 if you have paid for and taken all four (4) Childbirth Preparation Classes or \$2,500 if you have not.

In-Person Labor Support: In-person labor support depends on your hospital's visitor policy. If two doulas are allowed to attend your birth, a shadow doula may be included with a \$1,000. If you include the addition of a shadow doula, the shadow doula will support you when you need their support and the primary doula will join you when you are in active labor. The fee for in-person support is \$5,000, which includes the cost of classes whether you have taken them or not. This option is not available if you have not paid for and taken all four (4) Childbirth Preparation Classes.

Payments: Preferred method of payment is Zelle using tracy@bestdoulas.com for the payment(s). If your bank does not offer Zelle as an option, payments can be made by check or through PayPal to tracy@bestdoulas.com or Venmo to @tracy-hartley-2 (phone 0817). All classes must be paid for in full in advance. All fees for labor support are due, along with a signed copy of this letter of agreement, a month before your estimated due date to reserve my services for two weeks before and two weeks after your due date. These fees are not refundable unless there is some unforeseeable emergency on your doula's part that prevents your doula or her backup from attending the birth. If your doula is not called to attend or given adequate notice to attend or if your hospital does not allow access to your doula, your doula will not provide a refund. This includes precipitous labors or related restrictions to hospital policy. **If the fee has not been paid in full two weeks before your due date, your doula is not obligated to be present at the birth.**

Fees: Please initial your choice(s)

_____ \$75 **Travel Fee** for each in-person meeting if 15 miles or less

_____ \$100 **Travel Fee** for each in-person meeting if 15-25 miles

_____ \$100 **Introductory Class**

_____ \$25 **Sample Package Shipping Cost**

_____ \$500 **Virtual Childbirth Preparation Classes**

_____ \$1,500 **Unlimited Virtual Labor Support** (includes cost of classes)

_____ \$2,500 **Best of Both Worlds** (includes cost of classes)

_____ \$4,000 **In-Person Shadow Labor Support** (includes cost of classes)

_____ \$5,000 **In-Person Labor Support** (includes cost of classes)

Discounts:

_____ -\$50 Discount for group classes: Name of 1st referred person: _____

_____ -\$50 Discount for group classes: Name of 2nd referred person: _____

_____ -\$250 Discount for labor support for second vaginal birth (virtual or in-person with tracy - not available for Best of Both Worlds)

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 shadow and/or backup for my birth.

Date _____

Client _____
(Print) (Signature)

Partner _____
(Print) (Signature)

Doula tracy hartley
(Print) (Signature)