

# Baby Bump and Beyond, LLC Letter of Agreement

## **Services Offered**

My role as Doula is to provide you with support during your pregnancy, birth and immediate postpartum experience. My goal is to make you feel cared for, empowered to make your own choices, and supported during a successful transition into parenthood. I will not take the place of your partner and/or others whom you have invited to the birth; rather I will strive to enhance everyone's involvement.

Depending on the stage of your pregnancy when we first meet, I offer:

- An initial consultation/interview at a mutually agreeable location.
- One (1) or two (2) prenatal visits in your home, on facetime or at a mutually agreeable place, about one (1) hour each.
- Arrival at your home or hospital room within ninety (90) minutes of your letting me know you need me.
- Continuous support during your labor and delivery; in the event of a C-section, I will attend to you and your partner to the fullest extent allowable by hospital regulations/medical personnel.
- Support after your baby is born during the immediate recovery phase – generally up to two (2) hours (or less if desired).
- One (1) postpartum home visit, typically within the first week; additional visit(s) can be discussed as needed.

## **Limitations on Services**

I am committed to supporting you and your partner in making informed choices that affect your birth experience and care. I will not, however, make decisions for you nor will I directly interfere with your health care providers on your behalf. My role allows me to offer non-medical care focused on your emotional, informational and physical support including hands-on comfort measures during labor and birth. I will also help you and your partner communicate your needs to your healthcare provider. Please note that a backup Doula may be needed in the event of my illness or other family emergency. In this event, I will endeavor to provide as much after-care as possible which includes the postpartum visit(s).

## **Your Responsibility**

Information flows two ways. I can be most effective in my role if you:

- Communicate honestly about your needs so that I can better personalize my approach.
- Keep me posted on how you are doing and update me on any significant developments. A call or text following each doctor/midwife visit is ideal.
- CALL me if you suspect you are in early labor. If it is in the middle of the night and you can rest between contractions, then there is no need to call until the next morning.
- Advise the staff that I will be attending your birth upon your admission to the hospital
- Notify me promptly if your plans change. While I provide this service with only a modest charge (\$500 non-refundable fee), I do clear my schedule including not taking any other clients. If for any reason you decide not to use my services once we have signed this contract, please notify me at least two (2) weeks before your due date.

## **Agreement**

This Agreement is between **Baby Bump and Beyond LLC** and \_\_\_\_\_ for the purposes of providing non-medical Birth Doula services as outlined above. Understanding that childbirth is a natural and unpredictable process sometimes not going according to hope or plan, we understand that as Doula, **Elaine Schweitzer** will act with reasonable care for the mother and baby's well-being, but will not be able to alter the course of labor and its outcomes. By signing this contract, you agree that **Elaine Schweitzer** and **Baby Bump and Beyond LLC** will be released from all liability.

We have read this Letter of Agreement and agree that it accurately reflects the discussion had by all parties.

Birth mother: \_\_\_\_\_

Date: \_\_\_\_\_

Doula: **Baby Bump and Beyond LLC**

Date: \_\_\_\_\_

By: \_\_\_\_\_

**Elaine Schweitzer, Member**