

Letter of agreement between Oda Meiberg and

Outlining the extent and boundaries of services.

2019 – Member of Doula UK

What services can I provide for you?

As a doula, I accompany women through their birth preparations and assist them during labour, birth and bonding. I also can support the new family in the first weeks after birth. I do not give medical advice nor do I undertake examinations or perform any other clinical task. I cannot make decisions for you. I can only act as a spokesperson for you in the absence of your partner, if this has been clearly stated in your birth plan.

I draw on my knowledge and experience, but also from all the women and couples I've been lucky to support, to provide you with emotional support and physical comfort. If the need arises, I can help you communicate with your midwife and medical care givers to ensure that you have all the information you need to make informed decisions during pregnancy, labour, bonding and early parenting. I can provide continuum of care for you and your partner, make suggestions for planning and preparing your birth and bonding environment.

I am able to make suggestions for labour progress, help with relaxation, positioning and other comfort measures. I am available for consultation after the baby is born. I do not come between you and your partner but rather support you both.

How do I provide this service to you?

I prefer to meet with you and (if applicable) your partner twice, before Labour. [The first meeting is usually used for getting to know each other, to explore and discuss your priorities, any fears or concerns, and to plan how we might best work together.](#) I like us to keep in touch by phoning and e-mailing on a regular basis to see how things are progressing.

During the second meeting, we usually look at your birth preparation and I acquaint you with some of the comfort measures I have found helpful in the past. At this time, I will emphasise how your partner and you can work together. I want to become familiar with your birth preferences and I also want to know your natural coping mechanisms and how your partner and I could help with these.

How do I support you at the birth?

I need you to call me immediately (at any hour of the day!) when you believe that you may be going into or are already in labour. To be able to give you the best care I need to know about bowel movements, shows, how you feel and any signs of bleeding, discomfort and pain.

After assessing the situation over the phone, we will decide together on the best course of action. Please keep in mind that I may need 90 minutes to arrive. I could work with a back-up doula if you wish, to ensure you will be supported if due to unforeseen circumstances, I'm unavailable on the day you go into labour.

Except for extraordinary circumstances, I will remain with you throughout labour, birth and bonding. If you transfer from home to hospital or within the hospital I will do my very best to stay with you. I can help with the initial breast feeding if you need some support.

[I would like to get together with you within one or two weeks after the birth to see how you are doing, admire your baby and listen to you and your partner's story.](#) As part of this contract, I am available for consultation by phone during the first six weeks after birth.

If you want me to administer any of natural remedies, please make sure that it is clearly written in your "Birth Preference".

My contract with you.

I will make every effort to provide the services described in this contract. It may be that external circumstances may limit my availability (for example rapid labour). If failure to attend your birth is due to my misjudgement or unavailability, only the retaining fee is payable unless my back-up doula attends the birth instead. But, if it is due to circumstances beyond anyone's control or negligence on your part (e.g. you call me too late or choose to keep vital information from me) the full fee applies. If you cancel this contract less than six weeks before your due date, the full fee applies.

My fees.

My fee for the service describe is 1150 euro.

Retaining fee (payable when contract is signed typically 30-50%) 500 euro.

Remaining fees (payable up to 2 weeks prior to due date) 650 euro.

If you require additional visits, other than the two antenatal visits, the birth and one postnatal visit, my usual fee is 85 per hour ex. travel expenses.

I/We have read this contract describing our doula's services and agree that it reflects the discussions we had with her. I/We are agreeable to the contents of this contract.

Date

Baby due date.....

Client.....

Clients partner

Doula