



## **Mallory Emerson, LCCE**

DONA Trained Doula, Lamaze Certified Childbirth Educator

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### LABOR SUPPORT SERVICES, LIMITS AND FEES

#### **What is a doula?**

As a doula, I accompany people in labor to help ensure a safe and satisfying birth experience. I have received DONA-approved education for the doula's role from the Simkin Center at Bastyr University. I am in the process of certifying with DONA International (DONA). Additionally, as a Lamaze Certified Childbirth Educator, I teach labor, birth, breastfeeding and newborn care classes with the Great Starts program at Parent Trust for Washington Children. I also occasionally lead new parent support groups through the Program for Early Parent Support (PEPS). I draw on my knowledge and experience to provide emotional support, physical comfort and as needed, assist you with communication with the staff, to make sure that you have the information you need to make informed decisions as they arise in labor. I 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. I am independent and self-employed. As your doula, I am working for you, not your caregiver, hospital or birth center.

#### **Choosing a doula**

I offer a no obligation "meet and greet" where we can get together and see if our styles are a good fit. After we have committed to working together, and I have received a signed contract and retainer, (see fee section below,) I prefer to meet with you and your partner once or twice before labor, depending on timing and needs. In these prenatal meetings, we become acquainted, explore and discuss your priorities and any fears or concerns, and plan how we might best work together. I will want to become familiar with your birth plan, including your preferences regarding medical options and the use of pain medications. I also want to know your own best way of coping with pain and fatigue, and how you and your partner foresee working together.

After you hire me, I am available 24 hours a day by phone, text or email to answer any questions or discuss concerns you may have. I have a large resource list at my disposal and I may offer you suggestions and materials that you may find useful. At the minimum, checking in after each doctor/midwife appointment is a good routine to establish.

I will also inform you of times when I am unavailable for labor support (typically when I am teaching). To cover those times, I will arrange one or more back-up doulas. I may use a back-up doula if I am teaching and am unable to stop the class to immediately leave and will arrive as soon as possible to continue your labor support.



### **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 at least 60-90 minutes to get to you from the time you ask me to come. We will also decide where to meet; at your home, the hospital or the birth center. Except for extraordinary circumstances, I or my back-up will remain with you throughout your labor and birth.

After the birth I usually remain with you for one to two hours after birth, until you are comfortable and your family is ready for quiet time together. I can also help with initial breastfeeding. I will continue to be available for phone/email contact to answer questions about the birth or your baby. I will stay in contact after your baby is born until I see you and that visit usually occurs sometime between day 3-5 postbirth, where I can assist with lactation and newborn care and make any appropriate referrals. I will also visit a week or so after that for our 2nd postpartum appointment to follow up, discuss your birth, and make any additional referrals as necessary.

### **What I do not do**

- Perform clinical tasks, such as blood pressure, fetal heart checks, vaginal exams and other. I am there to provide only physical comfort, emotional support, and advocacy.
- 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 plan.
- Speak to the staff instead of you regarding matters where decisions are made. I will discuss your concerns with you and suggest options, but you or your partner will speak on your behalf to the clinical staff.

### **Failure to provide services**

I will make every effort to provide the services described here. Sometimes this is impossible (for example, with a rapid labor). If my failure to attend your birth is due to my error, there will be no charge for my services and I will refund the retaining fee. If it is due to circumstances beyond anyone's control, such as rapid labor, the full fee is due as stated in my contract. If you choose not to call me for labor support, the full fee is due as stated in my contract, for I will have turned away other potential clients in order to fulfill my commitment to you.

In the event that an induction or Cesarean is planned for your birth, I respectfully request that you coordinate the scheduling with my schedule. Of course, when you go into spontaneous labor, I will cancel any other commitments I may have to be with you, but if it will be scheduled, I appreciate being able to work around my teaching schedule.



**Fees**

The fee for my birth services described is \$1000 The fees are to be paid as follows:

1. \$500.00 as a non-refundable retainer fee, when you hire me as your doula
2. \$500.00 due at the first prenatal visit.

It is my commitment to provide services to any family in need of them. I am willing to discuss an alternative payment schedules, bartering services, or other arrangement if the one outlined above is not feasible for you.

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

\_\_\_\_\_

Client

\_\_\_\_\_

Client's Partner

\_\_\_\_\_

Doula

\_\_\_\_\_

Date



## "POSTPARTUM MINI" PACKAGE

### **What is the Postpartum Mini package?**

This is an optional add-on to birth doula services. It is not available as a separate service at this time. With this package, you receive 10 hours of postpartum support beyond those included in the standard birth doula follow-up. These visits are at your home during my available hours, scheduled in the first few weeks after baby's arrival.

### **Services Included**

Below are some of the things that may be taken care of while I am at your place.

- Evidence-based education, non-judgemental support & companionship. You are not alone on this journey!
- Support for recovery of the person who gave birth and of the connection with partner(s) in the home.
- Basic baby care (diapers, soothing, etc.) while you rest/shower/etc. Assist and support with baby care to help you get confident and comfortable.
- Help recognizing baby's cues and meeting their needs.
- Breastfeeding support. I am NOT a lactation consultant, but can help you try out various positions, get comfortable, encourage a deep latch, etc. I will refer to lactation consultants if there are difficulties or complications at any point.
- Light household tasks that help you focus on rest and caring for your baby (folding laundry, cleaning dishes, etc)
- Assistance with things like swaddling, car seats, sleep environment, etc.
- Referral to other resources and supports as needed

### **Excluded Services**

These things are beyond the scope of my postpartum support:

- Diagnosis or treatment of any conditions in baby or parents
- Counseling or therapy or handling of any postpartum mood issues
- Massage, acupuncture/pressure, herbal preparations, nutrition counseling, meal planning
- Any clinical needs for parent or baby
- Sleep training

### **Schedule & Availability**

- Postpartum visits must be scheduled in blocks between 2 and 5 hours.
- If you need to reschedule a visit, please let me know as soon as possible in advance so that I can arrange my schedule accordingly.
- If I am on call for a birth client, I may need to reschedule or leave earlier than planned. I will work with you to make up these hours at the earliest convenient time.

I am generally available in the following windows (with variability in certain weeks, depending on school holidays and my teaching schedule):



Mondays 9:30 am - 12:30 pm

Thursdays 10:00 am - 1:00 pm

Fridays 10:00 am - 1:00 pm

Saturdays/Sundays 6:00 am - 8:00 pm

Some weeknight evenings variable) 5:00 pm - 8:00 pm

I do not currently provide overnight support. If extended support is needed, I can refer you to other local postpartum doulas.

**Fees**

The fee for the 10-hour postpartum package is \$300. The fees are to be paid as follows:

1. \$150.00 as a non-refundable deposit, when you hire me (in addition to your birth doula fee)
2. \$150.00 due before our first postpartum hours begin

It is my commitment to provide services to any family in need of them. I am willing to discuss an alternative payment schedules, bartering services, or other arrangement if the one outlined above is not feasible for you.

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

\_\_\_\_\_  
Client

\_\_\_\_\_  
Client's Partner

\_\_\_\_\_  
Doula

\_\_\_\_\_  
Date