



Rowan TwoSisters

OFFICE
3206 White Oak
Hou, TX 77007-2742

MAILING ADDRESS
1302 Waugh Dr #536
Hou, TX 77019

PHONE
713-302-2182

EMAIL
incantation@mac.com

WEB
www.rowantwosisters.com

Letter of Agreement Describing Doula Services, Limits and Fees

• What Does a Doula Do?

As a doula, I accompany women and their partners in labor to facilitate a safe and satisfying birth experience either in a birth center, home or in hospital (if transferred.) I am on call 24-7 for my mothers and I draw on knowledge, experience, and intuition to provide emotional support, physical comfort, and assist in communication with other members of your birth team. I make suggestions for labor progress, and offer relaxation techniques such as **massage**, positioning, and other techniques for your comfort. I am independent and self-employed, so I work for you, not your caregiver, midwife or hospital.

• Choosing a Doula

I will meet with you and your partner together at least once before labor to explore and discuss your priorities, concerns and to see if we are a good fit. This first meeting does not obligate you to use my services. If chosen to be part of your birth team, I become familiar with your birth plan vision including your comfort measure preferences, learning your ways of coping with pain, and fatigue, as well as how you and your partner foresee working together.

• Prenatal Massage,

Prenatal massage is a great way for us to develop a relationship, and for me to learn the lay of the land of your body. It feels good, helping your body stay relaxed as it accommodates your growing baby.

9 Prenatal Massage sessions
I Fabulous Papa / Partner Massage
I Bring It, Baby! massage session
I Fun Belly Cast

• In Labor

When you think you are in labor, call/text me! I can answer questions and offer options over the phone, **you** decide when and where we will meet. Keep in mind I will need one to one and a half hours to get to you from the time you call. It is my intention to remain with you throughout your entire birth. If the labor is exceptionally long or I feel that my energy is stalling the birth, I will take a small break to recharge myself. If this is an extended break I will arrange for doula back up coverage, namely Kathleen Wilson.

After the birth I usually remain for one or two hours, or until you are comfortable and your family is ready for quiet time together. During this time I can be helpful with the initiation of breastfeeding, offer resources, do whatever allows you more time with your baby and /or whatever else you desire, maybe get you a smoothie!

• Postpartum

I will come by within one week to see how you are doing, review the birth, admire your baby, and receive any feedback you may have for me. If you have chosen for me to prepare your placenta for either encapsulation or mastication, I will deliver within two days. We also will do a postpartum mini massage, where we spend 20 minutes working on what might be ouchy post birth. Everything feeling good? Great, let's have a foot massage.



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Within 6-8 weeks I'd like for you to get on the table for a postpartum massage so we can check your belly for uterine placement and give you a great new mom treat.

• **What Doulas Do Not Do**

Perform clinical tasks such as monitor blood pressure, fetal heart rate, give vaginal exams, or any other clinical task. I am there to provide only physical comfort measures, 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 for you to birthing staff regarding matters where decisions are being made. I will discuss your concerns with you and, when asked, suggest options. You or your partner will speak on your own behalf and make decisions for yourselves.

• **Fees**

My fee for the services described are \$2900 to be paid as follows: \$1500 to be paid as a retainer fee due when we sign the contract, and \$1400 due at 37 weeks.

• **Doula Fail**

I will make every effort to provide the services described. 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 doula services and I will refund your fee minus monies for the Best Pregnancy Massage Package, \$1750. If it is due to circumstances beyond anyone's control or your failure to call me, there will be no refund.

• **Agreement**

I/We have read this letter describing the doula's services and agree that it reflects the understanding we have with Rowan TwoSisters.

Client: _____

Partner: _____

Doula: _____

Date: _____