

# SARAH DOGGETT DOULA SERVICES

SUPPORTING FAMILIES BEFORE, DURING AND AFTER BIRTH

## SARAH DOGGETT

Telephone

541-207-2878

email:

[DOULA@PEACEBABIES.COM](mailto:DOULA@PEACEBABIES.COM)



## AGREEMENT FOR BIRTH DOULA SERVICES

### MY ROLE AS YOUR DOULA:

As a doula, it is my goal to provide personalized care for your labor, birth and postpartum periods. I will accompany you in your labor and strive to help ensure safe, nurturing, and satisfying experience. I am passionate about the process of birth and the transformation it brings to women and their families. I draw on my knowledge, experience to provide emotional support and physical comfort, and communication with your partner or other support people during labor and birth.. I will provide information and help you ask questions to find the information you need to make informed decisions as they arise in labor. Along with reassurance and perspective, I can make suggestions for labor progress, and help with relaxation through massage, positioning and other techniques for comfort. I can also provide reassurance and perspective to you and your partner as you journey through birth.

As your doula, I work independently, not for your caregiver, hospital or birth center. I am independent and self-employed. My goal as your doula is to be completely present for your birth experience--physically, emotionally, and energetically. Through using active listening techniques, I adjust my role according to your needs and seek to support you in the birthing experience you desire, appreciating the birth you have as it unfolds. I am not a medical professional, and do not perform clinical tasks, such as blood pressure, fetal heart checks or vaginal exams.

## MEETING AND CHOOSING ME AS YOUR DOULA:

I prefer to meet with you and your partner at least 3 times before labor.

The first meeting is a 'meet and greet.' There is no fee for this meeting and it does not obligate you to hire me as your doula. I encourage all prospective clients to interview several doulas in order to choose the doula who really fits their needs. During this meeting we discuss your ideas about your birth, questions you may have for me, I explain my role and services, and we see if and how we can work together.

If you select me as your doula, I would like to meet with you at least two more times. At the first of these meetings, I request a \$350 retainer fee, ensuring we are committed to each other as doula and client. These prenatal meetings are meant for us to get to know each other better, for me to know and understand your birth preferences and priorities. We will discuss your own current ways of coping with pain, stress and fatigue, and work together on relaxation, positioning and other techniques. If you have a Birth Plan, we will review it together. I can also help you to develop a Birth Plan. In our final visit together, we will talk more about your postpartum plans, caring for your newborn and breastfeeding. While two visits is often all that some families find necessary, I will make arrangements to meet with you more often if needed. I will consider myself on-call for your birth for the period of 2 weeks before and 2 weeks after your estimated due date.

During my time as your doula, you can also feel free to contact me via phone or email with any questions about your pregnancy, upcoming birth or my role or services. During the last few weeks of your pregnancy, weekly phone check-ins are helpful. A good routine is to call me to give me an update after each of your pre-natal visits with your care provider.

## WHEN YOU ARE IN LABOR:

When you are in labor, I prefer that you call me when you *think* you are in labor, even if you do not need me yet. 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 about one hour 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 labor and birth. After birth, I will stay with you for a few hours until you are comfortable and your family is ready for quiet time together. I can also help with initial breastfeeding, if necessary. I am available for phone contact to answer questions about the birth, your recovery, or your baby at any time.

## AFTER BABY IS BORN:

I will call or visit within the first three days (calling one day and visiting the other). I will also come around day 10 and then somewhere within the first three to six weeks. Unless you hire me for postpartum care as well, this will be our final meeting. I will see how you and your family are



