

Elizabeth Bloomquist:  
Asheville Doula Services

Serving Families Of Asheville and WNC  
Judgement-Free Support

828-280-9058

Elizabeth@BloomquistAshevilleDoula.com

## Birth Doula Services- Distance Doula Letter Of Agreement

### Professional Labor Support

As your birth doula I will be available to you and your partner leading up to the beginning of active labor. I will then provide continuous physical, emotional and informational support throughout your labor and birth. I am there to enhance the support of your partner (and other support team members) and medical staff. As a DONA trained doula I am trained in comfort measures to assist you and your partner throughout labor and delivery. I can provide access to evidence based research as needed to help you make informed decisions and advocate for yourself and your baby. My role as your doula is to work together with your whole support team. I am there to preserve your memory of this amazing time in your family's life. I am there to Meet Your Needs.

**Contract Includes:**

- 2 Online Prenatals Meet-ups
- Unlimited Phone/Email Support
- 24-hour On-call Support
- Access To Online Resources
- Continuous Labor Support
- Infant Feeding Support
- Postpartum Home Visit Online
- Personalized Natural Remedies

### As Your Birth Doula I DO...

- \*Support you and your partner with evidence-based informational support before and during your labor and birth.
- \*Give you continuous physical and emotional support during your labor and birth. I can help with relaxation, soothing touch, positioning and other techniques for comfort.
- \*Enhance the performance and confidence of your partner and medical support team.
- \*Help to preserve the memory of your birth experience for you and your family. My goal is that no matter what happens you always feel safe and strong.
- \*Guide you in applying what you learned in childbirth class to the more stressful and unpredictable labor situation.
- \*Provide judgement-free support through EVERY type of labor & birth.

### As Your Birth Doula I DO NOT..

- \*Offer medical advice or be the one to talk to your medical providers, I will be there to support you with evidence-based research to assist you and your partner in advocating for yourself and your baby.
- \*Perform any clinical tasks, such as blood pressure or fetal heart checks.
- \*Make decisions for you. I can help you get the information and time you need to make your informed choice.

### Terms Of Service:

I will make every effort to provide the services described here. Sometimes this is impossible (for example, a rapid labor). If my failure to be present during your birth is due to my error, there will be no charge for my services and I will refund your retainer fee. If it is due to circumstances beyond anyone's control or your failure to contact me, no refunds will be given. Our online follow-up postpartum would still be offered.

I will be there to help you Meet Your Needs.

[www.BloomquistAshevilleDoula.com](http://www.BloomquistAshevilleDoula.com)

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## How This Works:

### Before Labor

I will meet with you and your partner for two online prenatal appointments before labor. We will have a chance to get to know each other, to explore and discuss your priorities and any fears or concerns you currently have, to discuss your birth preferences and to plan how we can best work together. I will also want to discuss your own ways of coping with transitions and fatigue and how you and your partner foresee working together. I'm available for unlimited phone and email support during your pregnancy from the start of our contract together until 1 week postpartum. I will be on-call 24 hours a day from 2 weeks before your due date through your birth. As part of your Distance Doula Package you will receive personalized natural remedies to use during labor/birth.

### 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. I will then be available to you for continuous support through, phone calls, texting, skype/facetime calls, etc. throughout your labor and birth. Except for extraordinary circumstances, I will remain in contact you throughout your entire labor and birth once active labor begins. Your fee covers continuous active labor and birth support, no additional hours will be billed. It also includes any remedies sent to be used during labor. If there is a need for additional support, for example extended active labor, I will be there to assist you in finding the local support you need.

### After Birth:

I will remain be available for a few hours for any postpartum support you desire after birth and until you are comfortable and your family is settled in. I am available to answer questions about the birth and your baby and your fee includes a postpartum Skype/Facetime home visit within 1-2 weeks to check in and offer resources, go over my notes from your birth story and listen to any feedback you have to offer. You will receive a postpartum care package with personalized natural remedies.

### Payment Options:

Fee For My Birth Doula Services-Distance Doula Package is \$300.00:

- Credit/Debit --- \*\$150.00 - as a retainer fee, due when you select me as your doula
- Check --- \*\$150.00 - due by Week 36 (unless another arrangement has been made)
- Cash \*\*\*This option includes continuous support during active labor & birth, no additional hours will be billed\*\*\*

I believe in, A doula for every woman that wants one. Please contact me for all of your options.

I offer payment plans and will do my best to find a way to Meet Your Needs.

I/We have read this service agreement describing the professional services and agree:

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

Initials: \_\_\_\_\_ Name \_\_\_\_\_ Partner (optional) \_\_\_\_\_ Elizabeth Bloomquist, Doula

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