



Doula / Clients Letter of Agreement

Letter of agreement between Oda Meiberg and

Outlining the extent and boundaries of services.

Oda has been a member of Doula UK since 2019.

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 can only give medical-related information and suggestions to ensure you are aware of the risks, benefits, and alternatives so you can make informed decisions in line with your intuition. I do not undertake examinations or perform any other clinical tasks.

I cannot make decisions for you. I can act as a spokesperson for you in the absence of your partner if this is clearly stated in your birth plan.

I draw on my knowledge and experience, as well as what I have learned from all the women and couples I've supported, to provide emotional support and physical comfort. If needed, I can help you communicate with your midwife and medical caregivers so you have all the information necessary to make informed decisions during pregnancy, labour, bonding, and early parenting.

I can provide continuous care for you and your partner, offer suggestions for planning and preparing your birth and bonding environment, and make recommendations for supporting labour progress, 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 aim to support you both.

How do I provide this service to you?

I prefer to meet with you and (if applicable) your partner a minimum of three times before labour.

- The first meeting is usually to get to know each other, explore and discuss your priorities, any fears or concerns, and plan how we might best work together. We will also agree on how to keep in touch between meetings – by phone and email – to check in on how things are progressing.
- The second and third meetings focus on your birth preparation, familiarising you with comfort measures I have found helpful, and emphasising how you and your partner can work together. I want to learn about your birth preferences, your natural coping mechanisms, and how your partner and I can best support you.

How do I support you at the birth?

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

After assessing the situation over the phone, we will decide together on the next steps. Please keep in mind I may need up to 90 minutes to arrive.

If you wish, I can work with a back-up doula to ensure you are supported if I am unavailable. If you would like to meet her beforehand, please let me know.

Except for extraordinary circumstances, I will remain with you throughout labour, birth, and bonding (about an hour to an hour and a half afterwards). If you transfer from home to hospital or within the hospital, I will do my best to remain with you.

I like to meet with you within one or two weeks after the birth to see how you are doing, admire your baby, and hear your and your partner's birth story. As part of this agreement, I am available for phone consultation during the first six weeks after birth.

If you want me to administer any natural remedies, please clearly include this in your birth preference/plan.

The contract

I will make every effort to provide the services described here. External circumstances may sometimes limit my availability (e.g., very rapid labour). If failure to attend your birth is due to my misjudgment, only the retaining fee is payable, unless my back-up doula attends instead.

If absence is due to circumstances beyond anyone's control or to negligence on your part (for example, you call me too late, withhold vital information, or your birth is by cesarean), the full fee applies.

If you cancel less than eight weeks before your due date, the full fee applies.

My fees

- My fee for the service described: €1,950
- Discounted fee (for second time with the couple): €1,800

- Retaining fee (50%, payable on signing): €975
- Remaining fee (payable within two weeks after birth): €975

If you wish to have more meetings, there is no additional cost for up to six meetings in total (including antenatal and postnatal).

If you require more than six, my usual fee is €105 per 75 minutes, excluding travel expenses.

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

Date

Baby due date

Client

Client's partner

Doula