



The Birth Servant

Alisha Stoltzfus

Birth & Postpartum Doula

Placenta Services

Student Midwife

Serving the area of Northern and Eastern Minnesota

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Letter of Agreement

Doula Services, Limits, and Fees

As your doula I offer services unique to your natural birth plan in the hospital, birth center, or home. Natural birth encompasses feeling safe and undisturbed. My job as a doula is to hold space for you and the birth of your baby and make sure all choices are true informed decisions. I am YOUR person to encourage and nurture you through this process called birth.

Prenatal care

Meeting times and frequency are unique to what your desires and needs are. I would like to have enough time to get to know you, go over natural birth preparation, listening and healing session, birth planning, and one prenatal with your midwife or care provider. This looks like a minimum of two or three visits before your due date, if time allows. I will continue to add education and emotional support throughout the visits, but encourage you to seek out other educational events and self care opportunities. I am available at any time via email, phone, or in person.

When you are in labor

Call me when you think you are in labor, even if you do not need me at the time. I can answer any questions and make suggestions over the phone. This also helps me gather my things, set up childcare for my children, and get to you when you do need me. This includes early labor; I desire you to feel fully supported. Depending on the time, distance, and location, it could take me about an hour and a half to get to you from the time you call. I will remain with you throughout your entire labor and birth, except for extraordinary circumstances or if I am at another birth. If this occurs, I will call a back up doula to attend or offer a refund of half the doula fee to cover the prenatal visits and time I have already put in.

After the birth

I will remain with you for two to three hours after the birth, or until you are comfortable and ready for quiet time. I am available to help with baby's first breastfeeding session and setting up the next healing and rest period. I also include a 24 hour post birth visit to review the birth and help with additional breastfeeding needs. Please call anytime if you have any questions or needs. Placenta services are included with doula services.

Additional postpartum support

I am available for you up to two weeks postpartum via phone for any questions, concerns, or support. I honor your postpartum sanctuary, and desire for you to have optimal healing and rest. I do offer a \$100 additional postpartum day to include a nourishing gift basket (salves, oils, bone broth, tea, etc.), healing herbal sitz bath (or vaginal steaming), belly binding, mother cocooning ceremony, household chores, and a meal.

What I do not do

I do not *perform clinical tasks* such as monitor blood pressure, fetal heart rate, or give vaginal exams. I am present to provide physical comfort measures, emotional support and advocacy. I will not *make decisions for you*; I will help you attain the information necessary to make an informed decision. I will also remind you if there is a departure from your original birth plan. I will not *speak for you* to your midwife or care provider where decisions are being made. I will discuss your concerns with you and, when asked, suggest options. I will respectfully help you and your partner explore questions and feelings so you can feel confident and comfortable with decisions made and be able to express them to your care provider on your own behalf.

Failure to provide service

I will make every effort to provide the services described here. If extraordinary circumstances arise (a rapid labor, extreme weather, or I am not notified you are in labor), I retain the full payment. If my failure to attend your birth is due to my personal error or I am in attendance at another birth, I will refund half of the doula fee (only if I could not find a backup doula) to cover prenatal visits and time I have already put in.

Fees

My total doula fee for the services described here is \$1,000*. I offer a sliding scale of \$800 if you are not interested in placenta services and will attend a childbirth educational event. The additional postpartum day (and gifts) is \$100 or a \$25 postpartum hourly rate if more is desired.

**If the fee is too much, please do not hesitate to contact me if you are wanting a natural, undisturbed birth. I would love to talk with you about our options.*

The interview appointment is free. A deposit of \$250 is due at first visit, and remainder paid in full by 37 weeks. The deposit ensures I am available for your birth starting three weeks before your estimated due date and two weeks postpartum. I can send automatic invoices via email or we can agree upon an alternative payment arrangement, written down below. *I accept payment by cash, check, paypal, or square.*

Please sign below indicating you agree and understand The Birth Servant, Alisha Stoltzfus' letter of agreement for doula services, limits, and fees.

Client _____ Date _____

Client's Partner _____ Date _____

Doula _____ Date _____