



Holly Wilhite - Birth Doula
530.526.3405
hollywilhite@hotmail.com

Birth Support Packages

Elite: \$950

- Complimentary in-person interview to determine if we are a good match
- On-Call for Labor Support 2 weeks before and after your estimated due date
- Unlimited phone and email support throughout pregnancy and immediately postpartum
- 2 full sessions (4 hours total) of birth preparation tailored specifically to you and your partner, including assistance with your birth plan, extended practice of comfort techniques, mindfully prepared activities for you and your partner's preparation, and development of your postpartum care plan
- Accompany you to meet your doctor or midwife (optional)
- Continuous labor support and 1-2 hours of care immediately following the birth
- 2 in-home postpartum visits, including birth story debriefing session, lactation support and any postpartum needs. (3 hours total)

Premier: \$750

- Complimentary in-person interview to determine if we are a good match
- On-Call for Labor Support 2 weeks before and after your estimated due date
- Unlimited phone and email support throughout pregnancy and immediately postpartum
- 1 full session (2 hours) of birth preparation tailored specifically to you and your partner, including assistance with your birth plan, extended practice of comfort techniques, mindfully prepared activities for you and your partner's preparation, and development of your postpartum care plan
- Accompany you to meet your doctor or midwife (optional)
- Continuous labor support and 1-2 hours of care immediately following the birth
- 1 in-home postpartum visit, including birth story debriefing session, nursing support and any postpartum care needs. (1 ½ hours)

Labor of Love Birth Services

Letter of Agreement for Labor Support Services

This agreement is entered into today ___/___/___ between Holly Wilhite and _____, with an estimated due date of ___/___/___.

Doulas accompany women in labor to help ensure a safe and satisfying birth experience. Your doula, Holly Wilhite, will draw on her knowledge and experience to provide emotional support, physical comfort, and the information you need to make informed decisions as they arise in labor. Your doula is independent and self-employed. She works for you, not your caregiver or hospital.

Responsibilities of our Doula

Our doula will be on call for us 24 hours a day beginning 2 weeks before and after the estimated due date (EDD). This means that our doula will carry her cell phone with her at all times, and will not leave Misawa, Japan area unless it is an emergency or an event disclosed at the time of this contract signing. Our doula will provide 1-2 (depending on what package) prenatal preparation sessions in our home or other meeting place if you choose, including but not limited to; help designing birth plan, discussion of choices in childbirth, comfort measures and coping methods, risk/ benefits of various choices and procedures, and discussion of postpartum adjustment and expectations.

Our doula will provide continuous labor support from the time we ask her to come until after the baby is born. She will come to our house to provide support, or meet us at the hospital, depending on our preferences. Our doula will not leave unless we ask her to, and even then will be available by phone. In the event of labor exceeds 24 hours, our doula may call in a back-up doula to care for us while she takes a nap. We have the option of meeting this back up doula in advance if we desire.

Our doula will provide one or two postpartum visits (depending on package) to discuss the birth, answer any questions we might have, and provide breastfeeding support, schedules at our convenience within three weeks of our birth. The first visit, within the first few days, may be at home or in the hospital; the second will be at our home.

Our responsibilities as Clients

We will participate in childbirth preparation classes of our choice (first baby or VBAC only)

(Optional but highly recommended)

We will tour our birth facility if we have not used it before, and if we have, we will familiarize ourselves with any changed in layout or policies that have taken place since our last birth.

We will email our doula after each prenatal appointment or test to keep her informed about our pregnancy.

We will contact our doula as soon as we think we might be in labor to keep her informed, even if we do not need the support yet.

We will contact our doula when we feel we need her, and understand that it may take an hour or so for her to reach us.

We will discuss our preferences with our doula, and clearly state our choices to her. She will support any choices we make.

***This is our birth. While everything our doula does is aimed at helping us have the birth of our dreams, that can happen only if we understand all our options, ask questions, and stake our choices/preferences both to her and to our health care providers.

We understand that our doula is not a medical provider and will not act as such. Our doula will not perform procedures or diagnose illnesses.

We understand that in the event an emergency arises, our doula may be asked to leave, and this does not negate the need for a doula, and she will remain on call.

We understand that a professional relationship must be maintained at the hospital, therefore we will take our doula education and make our own informed decision, and communicate that to our nurses. Our doula will not be our voice. My partner and I will make the decision together.

Should COVID prevent in person attendance for our doula, she will be on call/ video support from home. Doula is fully vaccinated.

Your doula WILL NOT:

Perform clinical tasks such as blood pressure, fetal heart checks, or any procedure that falls under the legal definition of practicing medicine.

Provide medical advice or make decisions for you.

Speak to the staff on your behalf.

Your doula WILL:

Help you get the information necessary to make an informed decision and will remind you if there is a departure from your previously stated intentions during birth.

Discuss your concerns with you and suggest options, but you or your partner will speak on your own behalf to the clinical staff.

When you are in labor: Your doula should be called when you think you are in labor or as soon as your bags of waters has released, even if you do not need her immediately. You and your doula will decide together if she should come right away. Your doula will almost always be with you within 1-2 hours from when you ask her to come. She may be able to answer questions and offer some support by phone until she arrives. Except for extraordinary circumstances, your doula will remain with you throughout labor and birth.

After the birth: Your doula usually remains with you for 1-2 hours after the birth, or until you and your family are ready for quiet time together.

Long or short labor: You and your doula are both hoping for a quick and easy birth. No matter the length of labor, your doula will remain with you throughout, providing comfort and professional support. If your labor is short or long, the cost of services is the same.

Waiver of liability: As a condition of your doula's performance of services under this agreement, you expressly understand that a doula is not a medical professional and therefore cannot and will not provide you with medical care or advice.

Legal Disputes: We agree, in the unlikely event that a dispute should occur between us, except as otherwise indicated below the parties to this agreement are not entitled to and shall not receive attorneys' fees and/or expenses arising from any such dispute. If your doula is required to respond to a subpoena of her records relating to services, you agree to reimburse the doula for her time and all expenses incurred in responding to any such demand, including, but not limited to, loss of earnings, appearing at depositions or hearings, or retaining an attorney.

Disclosure of Communicable Diseases: You agree to disclose any communicable diseases that you have so your doula can take appropriate precautions.

Refund Policy: Fees are non-refundable unless an unforeseeable emergency on your doula's part prevents her from attending the birth, in which case 50% of the agreed upon price can be returned to you. If your doula is not present at your birth because you failed to call her or give her adequate notice, Labor of Love will not provide a refund. This includes precipitous labors, scheduled inductions, surgical births, or hospital transfers from a home or birth center birth. If the fee has not been paid in full three weeks before your estimated date of delivery, your doula is not obligated to be present at the birth. Your doula cannot go on call for your estimated due date until payment is complete.

Before signing this agreement check with your hospital to see what the policies are for attendance of doulas in labor and delivery, including cesareans. If your provider will not allow a doula to attend your birth, and this information is not discovered until after 37 weeks, Labor of Love will not provide a refund. Your doula attends cesarean births if your chosen hospital and care provider will allow it.

Fees: The fee for Holly Wilhite's doula support is \$_____. _____ Client initials

To reserve Holly Wilhite's services for the Estimated Due Date of ___/___/___, a minimum of \$_____ (50%) down payment is due along with a signed copy of this agreement. Any remaining balance is due by ___/___/___, (37 weeks/3 weeks prior to your due date).

I/we have read and understand this letter describing the doula's services and agree to its terms.

Client (print)_____ (Signature) _____

Partner (print) _____ (Signature) _____

Doula (print) _____ (Signature) _____

Please sign this agreement and return all pages with your method of payment. Accepted forms of payment are cash, check, Venmo, Zelle, or USAA transfer.

Doula

Client

Name: Holly Wilhite

Address: PSC 76 Box 5666
APD, AP 96319

Phone: 530.526.3405

Media Consent

Please circle one: I do / do not consent to my photos/birth story being used for social media purposes.

(All photos and posts will be approved by the client beforehand)

For Office Use Only -- PAYMENT RECORD:

\$_____ Date: _____

\$_____ Date: _____

\$_____ Date: _____

Thank you for choosing Labor of Love Birth Services. I look forward to working with you!