



Leigh Steele, Birth Doula & Childbirth Educator

928-426-9459

www.sacreddesertbirth.com

My services are customized to the special requests and needs of the birthing mom and her support team. Standard services include emotional support, physical comfort measures, and advocacy. I was trained through a DONA-certified birth doula course and Nurturing Hearts Birth Services.

Emotional Support

Includes listening to a woman's unique needs both before and during the birth of her baby and acting according to those needs. Emotional support consists of working together to create a safe, comfortable environment in which a woman can birth with confidence and peace.

Comfort Measures

Can include: labor positions, massage, counter-pressure, hydrotherapy, aromatherapy, relaxation and visualization techniques.

Advocacy

Includes supporting a woman in her decisions by providing various resources of birth services and by facilitating her birth plan.

My Services Include

- An initial interview
- A minimum of two prenatal visits, one of which can be a childbirth prep class
- Guidance on relaxation techniques
- Ongoing 24-hour telephone support, on call 2 weeks prior and after due date
- A comprehensive educational and resource packet
- Birth planning and preparation
- Labor support in your home or hospital
- Lactation support
- A postpartum visit

Rates

I offer my doula services at a rate of \$1800. I ask for a deposit of \$900 when you select me as your doula. The remaining balance of \$900 is due 7 days after the birth. I accept Venmo, Zelle, and cash. For clients doing a payment plan, the below schedule has been agreed upon:

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I truly appreciate your business

PAYMENT INFO:

Zelle: Leigh Steele, 928-426-9459

Venmo: Leigh-S or scan QR code



Scan to pay with Venmo

Letter of Agreement

Describing Labor Support Services, Limits, and Fees

I accompany women and their partners in labor to help support and advocate for you during your beautiful birth experience. I draw on my knowledge and experience to provide physical, emotional, and informational support to women and partners. I am independent and self-employed. As your doula, I am working for you, not for your caregiver or the hospital – although I pride myself on the positive relationships I have built with members of the birthing community.

What is my role as a doula?

It is very important that you and your partner are comfortable with me and with my role in the birth. Thus, I will meet with clients at least once before labor to become acquainted, to explore and discuss your priorities and any fears or concerns, and to plan how we might best work together. If at this meeting you or your partner decide that we aren't the "right match," I encourage you to say so and I will happily refer you to a different doula with whom you may develop a better rapport.

Choosing a Doula

If you do decide to work with me (lucky me!), we will then do a prenatal meeting (see below). This may be part of the "getting acquainted" meeting, or may be scheduled at a separate time.

My availability

From the moment we agree that we will work together, I consider myself available to provide support for you and your partner. I will notify you of any times when I am not available. However, I am officially "on-call" to you beginning 2 weeks prior and 2 weeks after your due date.

Prenatal Meeting(s)

We will have prenatal meetings to review your Birth Plan and talk in detail about your preferences regarding your birth. I will ask about your knowledge of the birth process and can provide information and education as needed. I will invite you to share your own personal ways of coping with pain and fatigue and difficult situations, and what internal resources we can draw upon. We can discuss how you and your partner foresee working together, the roles of others who may be attending, any fears or concerns, and your preferences regarding pain medications.

My role is to help you have a satisfying birth as you define it. The more we explore this in advance, the better I will be able to fulfill this role.

When you are in Labor

When you think labor has begun, call me so I can begin making arrangements for attending the birth. It is up to you to decide at what point in your labor you want me there. We will discuss expectations in prenatal meetings and will also evaluate by phone once labor has begun and you know more about your needs.

I can offer help and advice with comfort measures such as breathing, relaxation, movement, positioning, and massage. I can assist with gathering information about the progress of labor so you have what you need to make informed decisions. I can also serve as an advocate for your needs with the birth team/staff. My most critical role is providing continuous emotional reassurance and comfort.

I expect to remain with a client for 1–2 hours after birth, until you are comfortable and the family is ready for quiet time together. I can help with initial breastfeeding, if desired.

After Birth / Postpartum

I am available for phone contact to answer questions about the birth of your baby. My services include one postpartum visit, usually within two weeks of the birth. During this visit I can provide breastfeeding support, baby care tips, referrals to community resources, and a chance to discuss the birth experience. If you need further support, additional visits are always an option.

As a doula...

- I do not perform clinical tasks such as blood pressure, fetal heart checks, vaginal exams, etc. I am there to provide only physical and emotional support and advocacy.
- I do not make decisions for you. I will help you get the information you need to make your own informed decisions. I will also remind you if there is a departure from your Birth Plan and will verify that this is, in fact, your informed decision.
- I will not speak to medical staff regarding matters where health care decisions are being made. I can discuss your concerns with you and suggest options. I can support you in discussions with staff as your advocate, making sure you have the opportunity to discuss concerns, but you or your partner will speak on your behalf to the birth team/medical staff.

Failure of a doula to provide service

I will make every effort to provide the services described here. Very rarely, this is impossible for a variety of reasons. If my failure to attend the birth is due to my error, there will be no charge for my services and I will refund your deposit. If it is due to circumstances beyond anyone's control (e.g., an extremely rapid labor and birth) or your failure to call me, I will keep the deposit, but there will be no further charge. *See note below regarding clients on a payment plan.

Doula's Signature

Date

I / We have read this letter describing the doula services and agree that it reflects the discussion we have had with her. I do not hold my doula responsible for unexpected clinical outcomes. By typing my full legal name below, I intend this to be my electronic signature. I acknowledge that my typed name has the same legal force and effect as a handwritten signature and that I am legally bound by the terms of this agreement."

Client's Signature

Date

Partner's Signature (optional)

Date

*For clients on a payment plan:

- Upon cancellation, the Doula will retain 50% of the total fee.
- If the Client has paid more than 50%, the excess will be refunded within one week. (7 days)
- If the Client has paid less than 50%, the remaining balance needed to reach 50% will still be due within one week (7 days)