



As Coulee Health birth doulas, we provide emotional and physical support to a pregnant person during pregnancy, labor and delivery, and the immediate postpartum phase. We support movement throughout pregnancy, during labor and delivery, and soon into the postpartum phase (in an intentional way). We support you in getting comfortable with hard work, thriving on education, wanting to have FUN throughout your journey into parenthood. This is not for everyone, but is for those that choose to rock their pregnancy and birth instinctively.

Welcome to the Coulee Health community. You are a ROCKSTAR!

### **Prenatal Training & Labor Preparation**

We will meet with you and your partner one to three times before labor. Meetings are typically 1 hour in length. In these meetings, we will explore and discuss your desires, priorities, and any fears or concerns. We will go over evidence-based information on the risks and benefits of common interventions and procedures used during childbirth at the hospitals and/or birth centers or home birth situations. We will go through a birth plan just for you (and your partner) and discuss all possible options and/or avenues. And we will have fun going through labor scenarios using various comfort measures such as certain movements and rebozo techniques. These meetings do not take the place of a childbirth education course, but they are specific to you and your partner. These meetings are a blast for us because we get to know you and your birth partner.

On top of labor and delivery preparation, we want you to put a priority on chiropractic and fitness training. There is a great deal of benefit in both chiropractic treatments and fitness training during pregnancy, birth, and in the years to come for the child and parent.

Chiropractic therapy helps to rid the body of fixations and balance the neuromusculoskeletal system. Chiropractic prepares the body - especially the lumbar spine and pelvis - for labor and delivery, as well as healing during the postpartum phase.

Birth is our biggest athletic event. We should train, prepare, and educate ourselves on this process. As a result of our training, we may better adapt and respond to situations that arise during pregnancy, birth, and the fourth trimester, including the work of parenthood.

Our sport is pregnancy, and labor and delivery is our World Series. Relate it to whatever sport or event you would like but know that it takes proper training, discipline, and a positive attitude to have a fulfilling experience. To complement your work with a Coulee Health Doula, our coaches



are exceptional at what they do. Please ask for information and pricing to get started on your fitness training routine during pregnancy.

### **Labor and Delivery**

When labor starts, we may communicate via text or phone initially while your partner provides support and you move around, breathe, and nap. Once labor begins to pick up and you request my presence, I will head to your location. If you are not planning to give birth in your home, you will labor at your home as long as you are comfortable. Laboring at home will last until we must travel to the hospital or until your midwife arrives. We will focus on breathing, moving, and staying focused on the task at hand.

For labor that lasts longer than 24 hours, a backup Coulee Health doula may be called to relieve the current Coulee Health doula. The back-up doula is no additional charge for you, the client. We take care of that on our end. If you wish to keep the current Coulee Health doula on as your doula, the cost is \$50 an hour. The 24-hour clock starts when the Coulee Health doula initially arrives at your location. This particular situation is not very common but is normal and can happen.

### **After Birth**

After your birth your doula will usually remain with you for about one hour, until you are comfortable and your family is ready for quiet time together. During that time we will take photographs of your new family, help with initial breastfeeding, get you food, or do whatever it is you need. Once the doula leaves, they are available for phone/text/email contact to answer any questions about the birth of your baby that you or your partner may have. Two postpartum visits, lasting approximately one hour each, are also included in the birth doula package. These visits are typically scheduled around 36-48 hours and 3-6 days postpartum.

As mentioned earlier, postpartum chiropractic is vital to proper healing. You may choose to receive chiropractic and doula care from the same individual, one of the Coulee Health chiropractors, or your current chiropractor. We recommended postpartum chiropractic care be started around two weeks postpartum.

### **Scope of Practice**

As a Birth Doula we are not trained or authorized to perform the following:

- Clinical tasks, such as blood pressure, fetal heart checks, vaginal exams, or other medical procedures that fall under the legal definition of practicing medicine.



- Provide information, dosages or advice concerning prescription or alternative medication, or medical advice pertaining to you or your baby.
- Make decisions for you. We will help you get the information necessary to make an informed decision. We will also remind you if there is a departure from your Birth Plan.
- Speak to the staff on your behalf. We will discuss your concerns with you and suggest options, but you or your partner will speak on your behalf to the clinical staff.

### **Cesarean Births**

Coulee Health Doulas regularly attend cesarean births and will provide support through that process as long as the hospital will allow it. If you are having a scheduled cesarean birth and your hospital will not allow your doula to be by your side in the operating room, your doula will be there as you go in and for you when you come out. Your Coulee Health doula will help prepare your new postpartum room while you are in the operating room. It is ideal for everyone to work together to figure out the timing of this particular situation. If you have an unplanned cesarean birth, your doula will continue to stay and be there for you. However, this does not constitute a “failed” birth. Cesarean births have the potential to be just as beautiful and calm, and we will do everything in my hands to support you, your intentions, and your choices

### **The Coulee Health Doula Team**

At Coulee Health, we work as a team. What this means is that if you are local the backup doula will be a Coulee Health doula. We only take on births when we know that our calendar is open and that another Coulee Health doula will be in town. As a reminder, the on-call schedule is two weeks before your EDD and two weeks after your EDD.

### **So You Know**

We are here to support you throughout your pregnancy, labor and delivery, and the immediate 4<sup>th</sup> Trimester. At least half of the preparation and training occurs *prior to 36 weeks*. We want you to realize that you are not paying by the hour but for the expertise, knowledge, on call days, and so much more. From the time we decide to work together, you can call, text, or email any time you have questions, comments, or concerns. We are a small business of independent and self-employed women. We work for you, not your caregiver or hospital. We will work together through the next few months to ensure a positive, healthy experience.

### **Waiver of Liability**

As the expressed condition of my performance of services under this agreement, you agree, on your own behalf and on behalf of all persons or entities you may bind under Wisconsin law to



waive and hereby do waive any rights, claims or causes of action that you may have against your doula now and in the future with respect to your pregnancy, birth, postpartum period or the services Coulee Health may provide and/or fail to provide you. You understand that, as a Coulee Health Doula Team, we are not medical professionals experienced in childbirth, and therefore, cannot and will not provide you with medical care or advice.

### **Dispute Resolution**

We agree, in the unlikely event that a dispute should occur between us, that all disputes shall be resolved pursuant to Wisconsin law within the County of La Crosse and that, except as otherwise indicated below, the parties to this agreement are not entitled to and shall not receive attorney's fees and/or expenses arising from any such dispute. We further agree to mediate any dispute arising out of this agreement before resorting to arbitration or court action. Mediation fees, if any, shall be divided equally.

### **Disclosure of Communicable Diseases**

You agree to disclose any communicable diseases that you have so that we can take appropriate precautions.

### **Fees**

The full fee for doula services must be paid in full by week 36. An initial deposit of \$600 is due upon, along with a signed copy of this letter of agreement. This will reserve our services for **[2 weeks before and 2 weeks after]** your EDD. The deposit is nonrefundable. Once paid, the fee for doula services is nonrefundable. The outcome of your birth does not justify payment; if your birth does not go according to your birth plan, this does not constitute a refund. If your fee has not been paid by week 36, we are not obligated to be present at the birth or honor the rest of the contract.

If travel (beyond 1 hour drive time one way) is necessary for doula support: Client will cover the cost of travel, transportation, and lodging upon booking. Prenatal and postpartum visits may be held virtually if travel further than 30 miles from Coulee Health or the doula's home is necessary.

Please know you can use your HSA or CSF to cover the investments listed below.

### **Coulee Health Doula Packages**

- **Labor and Delivery Support - Kiele D., Meghan T., Ellyn H. DC, Katie Cohen, & Gretchen Sawatsky (\$1200)**



I/we have read and understood this letter describing the Coulee Health doula services and agree to its terms. I/we consent to the release of this and all other information pertaining to me to the person(s) designated as backup doula for my birth.

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

EDD: \_\_\_\_\_

BIRTHING PARENT:

PRINT \_\_\_\_\_

SIGNATURE \_\_\_\_\_

PARTNER:

PRINT \_\_\_\_\_

SIGNATURE \_\_\_\_\_

COULEE HEALTH DOULA:

PRINT \_\_\_\_\_

SIGNATURE \_\_\_\_\_

\_\_\_\_\_

Please sign and return.

Checks to be made out to Coulee Health or paid in office via CC/Check/Cash or online at [couleehealth.com](http://couleehealth.com)

Payment record ~ Total agreement: \_\_\_\_\_

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

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