

Doula Contact Information - When to Call Your Doula

IN THE DAYTIME – 7:00 A.M. - 11:00 P.M.

After 37 weeks, call or email (tracy@bestdoulas.com) after each prenatal appointment to update me on your physical and emotional state. If you have an internal exam please let me know how far dilated you are, how effaced, and the station of the baby's head. Call or email me any time you have questions or concerns.

If you are in labor or think you might be in labor, if you lose your mucus plug or have bloody show, call me right away. Please call me if your bag of waters releases even if you are not having contractions or if you're having contractions that require your full attention and you're unable to talk through them!

IN THE NIGHT – 11:00 P.M. - 7:00 A.M.

If you're able to handle the contractions easily, try to slow your labor by drinking a large glass of water and getting into a warm bath for about 40 minutes, then try to sleep between contractions. If you can fall asleep, even between contractions, that is the best thing to do! It will be your last opportunity to sleep for a long, long time.

Please only call in the middle of the night when you are ready for me to come, if you are feeling scared, or if you feel that something is urgent! I don't want you sitting at home worried about something and feeling like you can't call.

When I get a call in the middle of the night, I fully wake up to take your call and get ready to leave. I have found that it is often impossible to fall back to sleep. When I go to bed at night, I am fully prepared to go to a birth so that I can leave right away. There is no need to give me a 'heads up' call me to let me know that you are in labor, unless you are ready for me to come and be with you. This way, I can be fully rested and energized to work with you for what may be a very long time. A well-rested doula helps assure that you get better support at your most crucial time of need!

CALL FIRST	Leave a brief message , wait 5 minutes	(818) 448-0817	cell phone
CALL SECOND	Leave a brief message , wait 5 minutes	(877) 436-8528	cell phone
CALL LAST	If no response at the above numbers	Call backups listed on your keytags	

WHEN I WILL JOIN YOU

I'll join you at home when your labor begins to get intense and you feel you need some help. Usually this is when the contractions are about 5 minutes apart, a minute long, and very strong. Although I won't check you, most women are about 2-3 cm dilated at that point. Your emotional state is more important to me than the frequency of the contractions. I will come when you feel you really need help.

If I arrive at your home and you are still in early labor, I may go home or to my van to rest. You will want me to be well rested and fresh later on! If, for any reason, you go to the hospital before I have a chance to join you at home, I will meet you at the hospital. If your labor is being induced, I may stay with you until you are settled in and then go home or to my van until active labor contractions begin -- remember, if your labor is induced, it may be 12 to 24 hours before you have contractions that are strong enough to require labor support.