

# Doula Contact Information

## WHEN TO CALL YOUR DOULA

After 37 weeks, call or email me after each prenatal appointment to update me on your physical and emotional state. Call me any time you have questions or concerns.

If you are in labor or think you might be in labor during the daytime, call me right away. If it's the middle of the night, and 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.

If the contractions require your attention and you're unable to talk through them, please call me, day or night! I'd rather receive a "false alarm" than be called at the last minute, but if your labor is manageable, I would prefer being allowed to sleep so that I will be fresh and ready for your birth.

## WHICH NUMBER TO USE

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## 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.