

## Labor Phone List

Include: Your Doctor/Midwife, Doula, Hospital/Birth Center,  
Hospital Labor & Delivery/Emergency Room

Name	Title/Description	Phone Number(s)
tracy hartley	doula	(818) 448-0817 or (877) 436-8528
_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____

## Birth Phone List

Include: Family, Friends, Neighbors, Co-Workers, Diaper Service,  
Baby's Doctor, Childbirth Educator, Breastfeeding Counselor, etc.

Name	Title/Description	Phone Number(s)
_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____



## E-Mail Addresses

If you would like me to email photos of your newborn baby to  
your friends and family. If there are more than 3 email  
addresses, please e-mail them to me.

### E-mail Addresses

_____
_____

