

# When to Call Your Doula

## FIRST BABY:

### IN THE DAYTIME – 7:00 A.M. - 10:00 P.M.

Please only call in the middle of the night if you are ready for me to come, if you are feeling scared, or if you feel that something is urgent! If you're able to handle the contractions easily, drink a large glass of water and get into a warm bath for about 40 minutes to slow labor, then try to sleep between contractions. A well-rested doula helps ensure that you get better support at your most crucial time of need!

### IN THE NIGHT – 10:00 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.

If you are or think you might be in labor, if you have bloody show, 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!

## WHEN I WILL JOIN YOU

Your shadow doula or I will 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 we won't check you, most women are about 2-3 cm dilated at that point. Your emotional state is more important than the frequency of the contractions. Call when you feel you really need help.

If your labor is being induced, I may stay with you until you are settled in and then go home or to my car 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.

## SECOND BABY:

If you are or think you might be in labor, if you have bloody show, 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, call me right away! If you've been having manageable contractions for a few days that suddenly feel different/stronger, call me right away!

The best way to reach me, day or night is:

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