



WHEN TO call the doula

Throughout your pregnancy, please get in touch whenever you have questions, thoughts, after prenatal appointments, or if you want to talk. Generally, text is the best way to reach me quickly. If you call and I don't answer, please leave a message!

As you approach your due date, please get in touch if you experience any early labor symptoms like:

- Cramps, low backache, or menstrual-like symptoms
- Increased Braxton Hicks contractions
- Nausea, diarrhea, upset stomach
- Bloody show and/or loss of mucus plug
- Contractions
- Your water breaks (or you think it did)

Though you may not need in-person support yet, updating me lets me support you through this often long and confusing early stage of labor. It also helps me be ready to leave at a moment's notice to join you when the time comes. I encourage you to relax at home during early labor and contact me with questions or updates.

If you're coping well with contractions, try to get some rest by drinking a large glass of water and getting into a warm bath, then try to sleep. Resting between contractions will help you conserve your energy for later in labor. You can labor quite a bit in your sleep- and resting won't slow true labor down. Even if you only get 1-2 hours of sleep, it will greatly benefit you in the long run!

Please call (don't text!) when you are ready for me to arrive, or if it's urgent. Please do not worry about disturbing me! I would rather hear from you at 2am- even if it's a false alarm- than not hear from you at all. I will join you when your labor begins to get intense and you feel you need some help, whether at your home or at the hospital. Usually this is when the contractions are about 5-7 minutes apart, a minute long, and very strong. However, your emotional state is more important than contraction patterns. I will come when you feel you need more help- or feel you will need it soon. Keep in mind that it may take up to two hours for me to arrive.

YOU CAN REACH ME AT: **516-639-5153**