

# *When To Contact Your Birth Photographer*

## Text or Email

- Appointment Updates
- Contractions That are 7-10 Minutes Apart
- Losing Mucus Plug

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## Phone Call

- Water Broke
  - Regular Contractions 5 Minutes Apart
  - Bloody Show
  - Feeling Pressure in Your Bottom
  - Your Care Provider Asked You to Come to Hospital or Birth Center
  - Your Midwife Is Coming To Your House
  - Any Signs of Labor For Your Second Baby
  - Any Signs of Labor With History of Quick Births
  - In an Emergency Situation, Have Someone Call When Possible
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