






## When to Call Your Doula


 After 37 weeks, call after each prenatal appointment to update me on your physical & emotional state. You can leave a message if I'm not at home or e-mail me at [Jennifer@MyBirthByDesign.com](mailto:Jennifer@MyBirthByDesign.com) .


 If you are in labour or think you might be in labour, call me right away, night or day. I'd rather receive a "false alarm" than be called at the last minute. Remember that I would ideally like to have an hour for time to get ready and drive safely to your home or to the hospital.


## Which Number to Use

 It is best to reach me at my cell phone (312) 805-5280, since this is the number I will ALWAYS answer. If you do call my home phone (856) 740-4858, do leave a voice message and then call me at the cell number. If you don't hear from me within 10 minutes, call me again. If I still don't respond, call the backup doula.

## When I Will Join You

 I'll join you at home when your labour 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. *Most* women are about 2-3 cm dilated at this point. Your emotional and physical state is more important to me than the frequency of the contractions. I will come when you feel you really need help. So don't wait to call me if you truly need me!

 If I arrive at your home and you are still in very early labour, I may go home, step out for a walk or a bite to eat, or to my van to rest. You will want me to be well rested and fresh later on! I will have my cell phone with me at all times however, so you will be able to reach me should your labour begin to change or intensify.

 I will meet you at the hospital if for any reason you choose to go there before I am able to get to your home (please try to call me if that is the case). If your labour is being induced, I may stay with you until you are settled in **and** I am sure that you are not having active labour and then go home until active labour contractions begin. Induction will often cause labour to last twice as long as those labours that begin naturally. You may be in the hospital, receiving medication to induce your labor, for 24 hours before contractions begin.