

WHEN TO CALL YOUR DOULA

Sarah Jordan Happy Baby Birth Services

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Throughout your pregnancy, please call, text, or email after each prenatal appointment to update me on your physical and emotional state. Call or email me any time you have questions or concerns. In the last month, if you have an internal exam please let me know how dilated you are, how effaced, and the station of the baby's head. I generally respond within one business day. If you call and I don't answer, please leave a message, otherwise I may not know you called.

If you might be in labor, if your water breaks (even if you're not having contractions), or you have bloody show/ lose your mucus plug, please let me know. This 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. I am happy to drop by and check on you if you need me.

At night... If you're coping well with contractions, 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. Resting at night and between contractions will help you conserve your energy for later in labor.... and afterwards, when you'll have a new baby! When your labor gets stronger, it will wake you up.

Please only call at night when you are ready for me to come, if you are feeling scared, or it's urgent. I am prepared to get up and leave right away when you call, but in the meantime, I need to sleep so I can be rested and energized to support you when you need me. Please don't phone with updates - text instead.

I will join you when your labor begins to get intense and you feel you need some help, wither at your home or I can meet you at the birth place. Usually this is when the contractions are about 5 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 really need help - or feel you will need me soon. Keep in mind that it may take 45 minutes or an hour for me to get to you. If I arrive at your home and you are still in early labor, I may stay for a while and then may go home.

When you're ready for me to join you, please CALL!

CALL FIRST	(425) 269-8782
If I don't answer, call back within a few minutes. I may be asleep or in another room. If I still don't answer, leave a message. If I'm temporarily without signal (i.e at the grocery store, driving through a tunnel) my phone won't show a missed call.	
CALL SECOND	(425) 306-7156
Husband's cell phone - just in case	
CALL LAST - BACKUP	
Tracy Coons	Jaimy Klinko
tracy.coons@gmail.com	JaimyMarieBirthServices@yahoo.com
425-442-7518	773-410-6378