

# WHEN TO CALL *Your Doula!*

## NO QUESTION IS TOO WEIRD!

Did something "interesting" come out of you? Not sure if your water broke or you suffered from a lovely bout of pregnancy incontinence? There is no question too gross, absurd, silly or small. We have heard it all and our job is to reassure you. Remember that a doula is not a medical professional so if we feel that a question is out of our scope, we will recommend that you contact your doctor or midwife quickly.

## HOW DO I KNOW IT'S TIME TO CONTACT YOU IN LABOR?

Early labor is a tricky little thing...it can go on for hours or even days. If you are feeling strong contractions that are more than 6 in one hour, even if they aren't regular or painful, feel free to call and give us a heads up that labor might be near! We can help talk you through what the next day or two might look like and what to watch for.

If your water breaks, call your care provider first, then call us with an update.

Our goal is to join you \*at the onset of active labor\* which is a very vague window that we are skilled at identifying. Early labor is shy and can be scared away by our presence (or the presence of others besides your partner) so we will likely encourage solitude during this time.

Remember that early labor can be quite painful so we will talk you through some things you can do at home until the time is right for the doula to join you. If your early labor is long, we are open to coming and sitting with you for a while to help calm you and reframe what is happening.

## ARE YOU SURE? I FEEL WEIRD WAKING YOU UP...

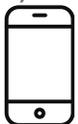
Texting in the middle of the night is fine, though we don't always wake up immediately to a text message. If you don't receive a reply immediately and need to speak with one of us, CALL!

Calling in the middle of the night is usually the best bet! Please don't feel weird about waking us...it's what you hired us for and nearly all of our labor calls are in the wee hours so we are quite used to them. If we happen to have a small child in the bed (a parenting hazard) then we might silence the phone or reject the call and immediately call you back from another room.

If for some reason the call number fails (has never been an issue before but we like to have back up plans), or you have a specific question for one of us, feel free to call or text EITHER of our personal cell phones!

## EVEN AFTER MY BABY IS BORN?

Did you do something bizarre but not bizarre enough that you feel the need to call the pediatrician? Do you have a concern about poop color or consistency? Wondering if vaginal discharge is normal? Do you have breastfeeding concerns? Call! Again, we will refer you to your pediatrician if it is out of our scope. If you are desperate in the middle of the night and need reassurance, don't hesitate to call or text then as well. We are here for you for any concern at any time and if you are worried at 3am we can usually calm you by 3:05am and we are trained to fall back asleep easily.



**SEAN HOKE (206) 601-9690**  
**KALYN HULTEN (206) 375-2158**



**CLIENT CALL NUMBER**  
**(360) 399-6001**

**LET IT BE**  
*Birth*