



WHEN TO CALL YOUR DOULA

After 37 weeks, text us after each prenatal appointment to update us on your physical & emotional state.

If you are in labor or think you might be in labor, call the doula who is on-call for that day right away, night or day. We would rather receive a “false alarm” than be called at the last minute. Remember that we would ideally like to have an hour for time to get ready and drive safely to your home or to the hospital.

Who to Call

If we do not answer, leave a voice message, wait 10 minutes and call again. If you don't hear from the doula on call within 30 minutes, call the doula on call for the following day.

When We Will Join You

We will join you at home when your labor 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 us than the frequency of the contractions. We will come when you feel you really need help. So don't wait to call us if you truly need someone! If we arrive at your home and you are still in very early labor, we may go home, step out for a walk or a bite to eat, or to the car to rest. You will want us to be well rested and fresh later on! We will have our cell phones with us at all times however, so you will be able to reach us should your labor begin to change or intensify.

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