

## **When to call your doula**

- When your water breaks or you think it broke
- When you are bleeding
- When you are in labor or when you THINK you are in labor:  
**During the day** text her or call her whenever you think you are in labor, even if you only have funny light cramps every 10 minutes.  
**During the night** call her when you are in labor and will need her soon. If possible, don't call her at 2am to inform that you have cramps every 20 minutes. She won't fall back asleep since she now knows that something is happening and you will need her energy later when you really need support.

How you know you are in true labor:

- 1) You have **regular** contractions at least every 7 minutes and 1 minute long- the **length** is the most important part
- 2) You need to breathe through the contraction and can't talk through it anymore. Birth partner: ask her a question during the contraction and see if she can answer it
- 3) You are having a bloody show, mucous- bloody discharge
- 4) You are tired in between contractions, not chatty
- 5) The contractions stay the same, whether you take a bath, lie down or walk around
- 6) The contractions are generally becoming stronger
- 7)

And of course you can always call when you are not sure what's happening, need support on positions or wonder how to breathe properly or you start getting nervous

**If you cannot reach your doula call your OB or midwife for further instructions and keep calling her!**

Really early labor	Early labor
<p>Sound:</p> <p>Normal voice, you are able explain contractions. Maybe excited or nervous. You can talk through contraction. Maybe you need to breathe but you do this quietly.</p>	<p>Sound:</p> <p>Breathing loudly through contraction. No way you could talk through it.</p>
<p>Partner:</p> <p>Thinks you are fine You chat in between contractions</p>	<p>Partner:</p> <p>Thinks you seem exhausted after contraction You might doze off after contraction</p>
<p>Contractions:</p> <p>Less than a minute long. Every 7-15 minutes. If you start having contractions every 5 minutes, not very painful, regular and a minute long it's usually going towards early labor. Sometimes it starts like this, then <u>slows down</u> again and picks up again with stronger contractions</p>	<p>Contractions:</p> <p>REGULAR contractions EVERY 7 minutes or less and ONE minute long over the course of an hour</p>
<p>Movement:</p> <p>Contractions slow down or pick up with certain positions. You might notice when you move around contractions slow down but when you lie down contractions pick up. Or the opposite: when you lie down contractions slow down and when you move contractions pick up. Typical sign of very early labor.</p>	<p>Movement:</p> <p>Contractions don't change when you change position. They only change when you take a bath (pick-up or slow down but this can happen in early and active labor)</p>
<p>Bloody show:</p> <p>A bit of a bloody show when you wipe. Really just a bit.</p>	<p>Bloody show:</p> <p>More bleeding. Maybe gooey and more than a few hours before.</p>
<p>Pain:</p> <p>Contractions are felt as tension and a bit of pressure. No pain in between contractions. Mainly felt in the groin or back You might say "if it stays like that I can deal with it"</p>	<p>Pain:</p> <p>You might say something like "now I know what people were talking about" Pain is in groin and lower back, sometimes still a bit of pain in between contractions.</p>
<p>Time:</p> <p>Contractions are starting</p>	<p>Time:</p> <p>You might have been having contractions all night, now it picks up and you need support. Contractions get to every 7 minutes, regular, maybe more painful</p>