



When to call the doula

After 37 weeks, call or email me after each prenatal appointment to update me on your physical and emotional state. Call me anytime you have questions or concerns. If you would like for me to attend one of your final prenatal appointments, please let me know so we can work that into the schedule. It's always nice to meet the obstetrician or midwife in advance.

If you are in labor or think you may be in labor during the daytime, call me right away. If it's in the middle of the night and you can handle the contractions easily, try drinking a large glass of water and getting into a warm bath for about 30 minutes. If you can fall asleep, even between contractions, try to do so! It might be your last opportunity to sleep for quite a few hours.

If the contractions require your attention and you're unable to talk through them, call me day or night. I'd rather receive a false alarm than be called at the last minute, but if your labor is manageable, I need to sleep long enough to be fresh and ready to support you through the birth.

My cell phone number is: 229-221-3375
Email is: Brenda@sgbirthservices.com

When I will join you

I'll join you at home when your labor begins to get intense. This is usually when contractions are around 5 minutes apart and lasting over a minute long and you are no longer able to walk and talk through them. I will not check you, but most women are about 2-3 cms dilated at that point. However, your emotional state is important to me. If you feel you really need the support before then, please call me. I will come when you feel you need the help.

If circumstances require you to head to the hospital (such as water breaking or induction), I will meet you there. Since different forms of induction take various amounts of time before contractions commence, I may get you settled and go home to rest until contractions begin to get strong.

A good doula has to learn to balance the needs of her client with her own need to attend the birth with strength and energy. I never want anyone who truly needs support to go without, but I find good preparation in trusting the birth process and learning to relax can help you in the early stages of labor, allowing me to arrive fresh and ready to help you through the more difficult phases. We'll work together to find a good balance.