

Info@NVbirth.com

571-367-9817

www.Novabirthservices.com

Doula Contact Information

When to Call Your Doula

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

You can leave us a message or send us an email using the following contact Information:

Andrea Proper

(571) 921-0771 Andrea@NVbirth.com

Shannon Mathews

(540) 841-9293

[Shannon@NVbirth.com](mailto:Shannon@NVbirth.com)

If you have a different primary doula please contact them first.

If you are in labor or think you might be in labor, call your primary doula right away, night or day. We’d rather receive a “false alarm” than be called at the last minute.

Remember that we would ideally like to be with you as soon as you want support. It can take up to two hours of time to get ready and drive safely to your home or to the hospital.

Which Number to Use

It is best to call your primary doula first. If they do not respond please reach us using the phone numbers above. If we do not answer, leave a voice message, wait 10 minutes and call us again. If we have arranged a backup doula for your birth, call her if you have not heard from us within 30 minutes.

When We Will Join You

We'll join you at home/hospital 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 use 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 us! If we arrive at your home/hospital and you are still in very early labor, we may go home, step out for a walk or a bite to eat or to our car to rest. You will want us to be well rested and fresh later on! With that said, we will have our cell phones with us at all times so you will be able to reach us should your labor begin to change or intensify.

Induction

If your labor is being induced, we may stay with you until you are settled in and until we ensure that you are not having active labor. (This will be discussed in advance) We will then return when active labor surges begin. Induction will often cause labor to last twice as long as labors that begins naturally. You may be in the hospital, receiving medication to induce your labor 24 hours before contractions begin.