

MotherLover

when to call or text after 37 weeks

Firstly, I love hearing from you. If you ever want to talk, please call or text. However, here are all the times when I'd like to hear from you in and around the time of baby's arrival.

- **After every appointment with your care provider post 37-weeks.** I always want to hear how things are going and this is usually around the time that the real excitement begins. It's helpful for me to know what you and your care providers are talking about so that I can best support you as your doula. I can also help you brainstorm good questions to ask at subsequent appointments to make sure you're feeling engaged, informed and confident.
- **If you're doing things to purposefully induce yourself.** Let me know if you've got an acupuncture appointment with the intention of induction, if you've begun to use evening primrose oil or perhaps have taken a castor oil shake. If the induction methods do work, then I'd like to make sure that I'm prepared for your "I'm in labour!" call.
- **If you are planning to ask for a stretch and sweep, or got one.** Again, see above. I just want to make sure that I'm ready for you.
- **You think you've lost your mucous plug and/or see bloody show (and haven't recently had a cervical check).** These can be signs that your body is gearing up for something. It doesn't mean that early labour has begun or that labour is imminent, but it does mean that something might be brewing.
- **Once you've felt a few contractions.** And how will you know? Trust me. You'll know. They'll feel very period cramp-y and unlike anything you've felt for a while. Plus, they'll be coming a few times each hour so you'll have a few opportunities to get a sense if they're *something* or nothing.
- **If your water breaks.** Whether or not you have contractions, give me a call.
- **If you feel like you've got the flu.** All of a sudden you might feel sick or ill. You might be feeling super tired, your body might be achy, you might have an upset stomach and diarrhea. This is another sign that labour might be a brewing.
- **If labour is being induced, update me after each step.** Maybe they just put the balloon in or it's fallen apart, or if you've finally been given a room, shoot me a message so I can keep a pulse on where you're at and how you're doing.
- **Something feels urgent.** Whether it's you or your partner who is feeling like *something* is going down, please just call. And remember, something might not seem urgent but it *feels* urgent; your intuition is your most powerful labour tool.
- **You're feeling anxious, scared, frustrated, worried, hurt, alone, etc.** I am always here for you and I want to help any and every way I can. Give me a call and I'm happy to listen to you and love you.