

# MotherLover

*when to call or text before 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 an appointment with your care provider.** I always want to hear how things are going with your care provider; how the relationship feels, the kinds of things you're discussing, what information is trickling in. 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 need help deciding which childbirth education, breastfeeding, newborn or postpartum classes to take.** Although I do have videos about these kinds of classes, it's always nice to chat things through too. Maybe you've read through the class descriptions and need help deciding between the top two, or perhaps you're wondering if you need to take one at all. Reach out, I'm here.
- **You're building a shower registry or your own must-buy list.** There is no one-size fits-all registry list because each family has its own needs, its own priorities and (most of all) its own budget. With bassinets that range from \$100 to \$1500 (hello, Snoo!), swaddles from \$5 to \$60 a piece, and baby monitors that can go upwards of \$600, having a baby can cost just as much as their first year of post-secondary schooling. If you're having a hard time deciding what's truly a must-have and what's a nice-to-have (like between muslins or sleepers, whether or not your infant *actually* needs a toothbrush, etc.) then please don't hesitate to shoot me a text! I might not have the answer but I can probably ask the questions and offer some key information that will help you figure it out.
- **If you're having a weird symptom that you're told is just "pregnancy".** It's absolutely true that pregnancy causes all sorts of both normal + strange aches and pains, but there are things you can do to ease (or prevent!) some of the discomfort. Whether it's back pain, morning sickness, heartburn, calf cramps, hemorrhoids, bad dreams, headaches or anything else that is deemed 'normal' or 'common', shoot me a message and I might know someone who might be able to help (or at least suggest some alternative ways to provide you with a bit of relief).
- **You heard something about pregnancy, labour, newborns or postpartum recovery that totally freaked you out.** Whether it was unsolicited, stumbled upon, or straight-up taught in your childbirth ed class, let me know what it was and how you're feeling about it. These worries and fears can be huge roadblocks on the road to feeling prepared and confident for the next chapter of your life so share them with me and we can work through them together.
- **You're feeling anxious, blessed, scared, excited, frustrated, guilty, proud, worried, hurt, alone, all-the-things-at-once, etc.** I am always here for you and I want to listen and help any and every way I can. Give me a call, send me a text and share away.