

LABOR PHONE LIST

Include: Your Doctor/Midwife, Doula, Hospital/Birth Center, Hospital Labor & Delivery/Emergency Room

Name	Title/Description	Phone Number(s)
	doula	

BIRTH PHONE LIST

Include: Family, Friends, Neighbors, Co-Workers, Diaper Service, Baby's Doctor, Childbirth Educator, Breastfeeding Counselor, etc.

Name	Title/Description	Phone Number(s)

E-MAIL ADDRESSES

Your doula may be willing to email photos of your new baby to friends and family members – ask your doula about this service.

Name	E-mail Address