

Labor Phone List

Include: Your Doctor or Midwife, Doula, Hospital or Birth Center, Hospital Labor & Delivery or Emergency Room, Child and/or Pet Sitters

Name	Title/Description	Phone Number(s)
tracy hartley	doula	(626) 281-0817 (818) 448-0817 (877) 436-8528
_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____

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

If you would like me to email photos of your newborn baby to your friends and family, please send all of the e-mail addresses to me at tracy@bestdoulas.com as soon as possible.