

Labor Phone List

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

| Name | Title/Description | Phone Number(s) |
|---------------|-------------------|----------------------------------|
| tracy hartley | doula | (818) 448-0817 or (877) 436-8528 |
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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) |
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E-Mail Addresses

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