



When to Call Your Midwife

Communication between midwife and mother is paramount. Having one maternity provider and developing a personalized care relationship is part of what makes home birth care work so well. However, it's important to outline best contact avenues in order to ensure the best care, and timely responses. This clarity allows the midwife to be appropriately on-call for full-term moms/babies as well as for possible emergencies while maintaining healthy boundaries to allow for personal time for the midwife and her family.

I am always available by email at southshorehomebirth@gmail.com and will try to return emails within 48-72 hours, 9-5 Monday—Friday. If you do not hear back from me by 72 hours, please email me again. If it's the weekend please allow a little more time. There are times when I am attending a birth or have been at a birth and need to rest, so emails may not be returned immediately.

Please be conscientious that **I can not turn my phone off at any time**, therefore email is best for non-urgent communication.

*During Nicole's off-call weekend, urgent calls will be forwarded to the on-call midwife or you will be provided with the midwife's direct phone number. (please see the Consent for Care for more information about the off-call period.) Non-urgent issues should be communicated through email to southshorehomebirth@gmail.com.

Warning Signs that merit a call to your midwife at any time include the following:
Texts aren't always seen immediately and are unreliable method of communication for emergencies.

Pre-term Labor (before 37 weeks)

- More than 5 contractions an hour, even after resting
- Cramps that feel like your period
- Sudden increase in pelvic pressure or backache

An Infection Needing Treatment

- Pain or burning when urinating
- Fever over 100
- Pain on side or back above waist
- Vomiting with fever or abdominal pain

High Blood Pressure

- Severe headache
- Blurred vision or spots in your vision
- Sudden severe swelling

Other Pregnancy Problems

- Bleeding from your vagina that is like a period
- Less movement of the baby than usual
- Severe pain in your abdomen that lasts longer than 2-3 hours

Miscellaneous

- General feeling of uneasiness— emotional or physical
- Sudden stress or anxiety making it difficult to perform everyday activities
- Warning Sign Symptoms during any point in pregnancy merits a phone call. Texts aren't always be seen immediately and are unreliable method of communication for emergencies/labor .

Labor

- Painful contractions every 4-5 minutes for two hours or longer
- Blood or fluid from your vagina
- Pain in your lower back that comes and goes every 4-5 minutes
- If this is NOT your first baby, call when you think you are in active labor

Appointments

Please check your email before you leave for your scheduled appointment. If I am attending a birth, I will email everyone with a cancellation notice and will be in touch to reschedule. If you are on your way to your appointment and are going to be late, please call or text 781-812-9445.

If you need to reschedule your appointment, please use the scheduling tab at www.southshorehomebirth.com

***Please call 781-812-9445 with any urgent clinical need.**

If you think you are in active labor during the night, please call.

Do not text.

What number should you call?

Call Nicole's cell phone 781-812-9445

*Please note, for clients who are 37-42 weeks pregnant, I am available 24/7 for you once you are in your due date window.

I have read and understand the communication policy_____