

## Labor Phone List

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

| Name          | Title/Description | Phone Number(s)                  |
|---------------|-------------------|----------------------------------|
| tracy hartley | doula             | (818) 448-0817 or (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) |
|-------|-------------------|-----------------|
| _____ | _____             | _____           |
| _____ | _____             | _____           |
| _____ | _____             | _____           |
| _____ | _____             | _____           |
| _____ | _____             | _____           |
| _____ | _____             | _____           |
| _____ | _____             | _____           |
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| _____ | _____             | _____           |



## E-Mail Addresses

If you would like me to email photos of your newborn baby to  
your friends and family. If there are more than 3 email  
addresses, please e-mail them to me.

### E-mail Addresses

|       |
|-------|
| _____ |
| _____ |

