

# Calling the Midwife

Maybe it's labor? Maybe it's a warm-up contraction? Maybe it's the Thai food you had for dinner? Here's a quick guide to help you determine if it's time to call the midwife.

Call anytime day or night if:

- You are having contractions closer than 10 minutes apart.
- Your water breaks, even if you are not having contractions.
- Regardless of the frequency or intensity, you just FEEL you should call.

Call during daytime hours (between 6 am and Midnight) if:

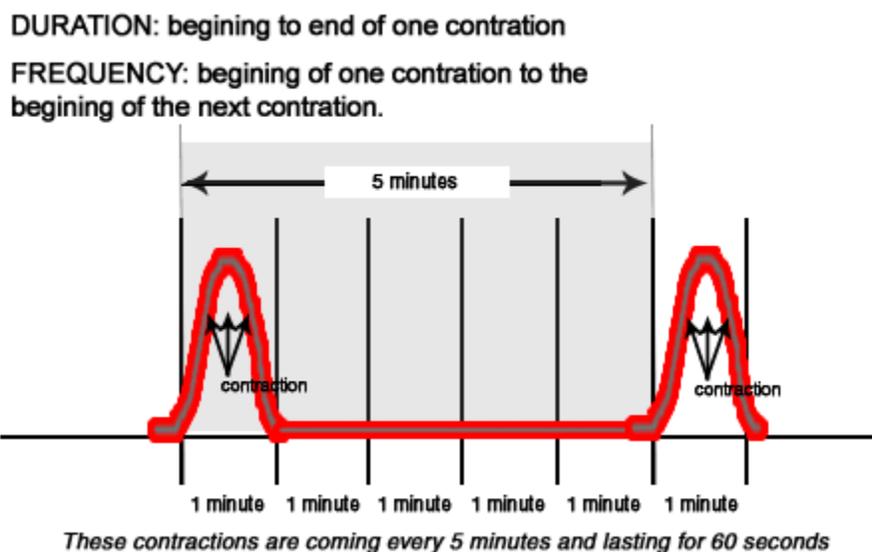
- You have bloody show, with or without contractions.
- You have sporadic, irregular contractions.
- You are just not feeling quite right, or have a sense that today's the day.

## How to Time Your Contractions:

Contractions are timed from the beginning of one to the beginning of the next. When timing your contractions, start by noting the time the contraction starts, including the second and then noting the second that the contraction ends. The time from the beginning of the contraction to the end of the contraction is the duration. Then, with the next contraction, again note the time the contraction begins (including the second) and count how long it has been from the beginning of the last contraction. This will tell you how far apart the contractions are. For instance:

Ctx starts: 6:04:12    Ctx ends: 6:04:52    (contraction lasted 40 seconds)

Ctx starts: 6:09:08    Ctx ends: 6:09:53    (contraction lasted 45 sec, and they are 5 minutes apart)



One very easy way to time your contractions, if you have access to the internet, is to go to [www.contractionmaster.com](http://www.contractionmaster.com) This site is a contraction-timing program where you can simply hit the

Enter key whenever the contraction starts, and again when it ends, and within a few contractions, it will begin to populate a list for you that tells you how far apart and how long the contractions are. This way you don't have to worry if you're doing it wrong! There are similar Apps for smart phones that are free. Please use one of these if you are able.

How will you reach your midwife?

Call Jan at home first, and leave a message if you receive no answer.

Next, call her cell phone and leave a message.

Finally, if you still can't reach Jan, call Pam.

If you still don't reach anyone, wait 10 minutes and start the process over.

**\*\*No one has ever had to do all of these things!\*\***

Jan Wolfenberg:

Home: 262-832-1050

Cell: 414-313-1464

Pam Rhodes

Cell: 920-602-2389

What to Do After You Call Us!

If you are birthing at home:

Secure your pets, so that they don't sneak out or get scared when we arrive.

Unlock your front door and your gate, if applicable.

If you have a security entrance, please block door open until we get there.

Turn on your outside light, if applicable.

Turn up your water heater if you haven't already.

Make up your bed, if not already done.

Make sure you have your telephone nearby, and have emergency numbers posted.

If you are birthing at the birth center, just get ready to leave!