



NEED TO KNOW

SIGNS OF LABOR

WHAT ARE THE SIGNS OF LABOR?

Every woman's labor is unique, but here are some common signs.

- The most obvious sign of labor is Contractions. Contractions feel like abdominal cramping. Contractions may begin mild and far apart. Over time they will last longer and get more intense even as you move around. Time your contractions how long they last and how close together they are, you may notice a pattern.
- You may have pain in the lower back that moves around to your belly. You may feel tightening in your belly, that may be your uterus contracting practicing its job of pushing the baby down.
- Your "waters" may break. You may feel a small trickle or a gush of fluid. Nevertheless, call you doctor right away. Your waters can break as early as the day before labor begins or hours after labor have started.

Expect False Alarms!!

If you arrive at the hospital in false labor, don't feel embarrassed or upset just consider it a practice run. The real thing is surely coming.

Just like all pregnancies are different, every labor doesn't start the same and don't always have the same symptoms or signs. Call your doctor or midwife IMMEDIATELY they will definitely know if you are in labor.