

Labor Cheat Sheet

How do I know if I'm in labor?

Call your Midwife immediately if:



- You have bleeding (more than pink/brown tinges in your discharge)



- Foul smell to your amniotic fluid when your water breaks



- Green/Brown color to your amniotic fluid when your water breaks



- You haven't felt baby move for a while. (10 movements in 1 hour is ideal)

"Soft" Signs (Labor is imminent):



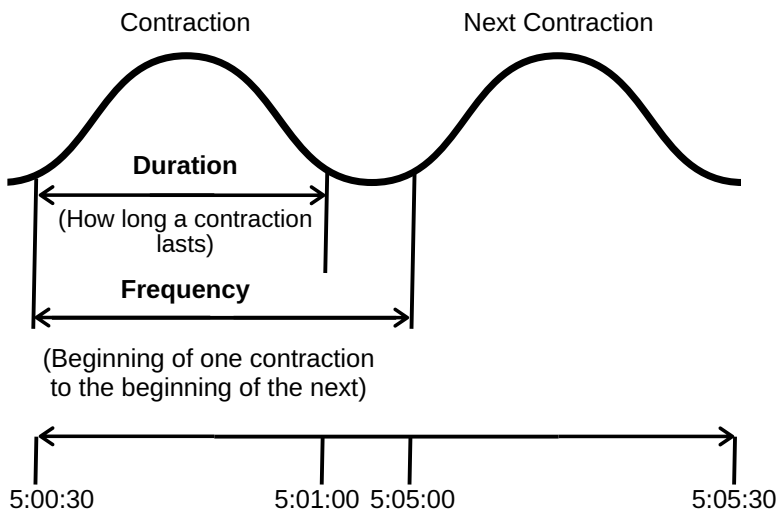
- "Baby "drops"
- Loss of mucus plug
- Nesting
- Restlessness/Irritability
- Nausea/Diarrhea
- Cervix softens and opens
- Cramping and lower back ache

"Hard" Signs (True labor signs):



- Your water breaks (very uncommon. Waters generally release later in the labour process)
- Strong, regular contractions (getting stronger, longer and closer together.
- Bloody "show" (Pink tinged mucous as the cervix begins to open)

How to Time Contractions



The **duration** of these contractions is **30 sec.**
The **frequency** of these contractions is **4 mins 30 sec.**

Remember 4-1-1

- 4 minutes apart, lasting 1 minute, consistently for 1 hour**

When to call

Don't forget to talk to your Midwife about how they would like to be updated! To make sure that your Midwife can arrive in a timely manner, here are a few things to keep in mind:

- Keep your midwife up to date on how you're feeling/if you notice any changes.
- Contact your Midwife at the first signs of labor; bloody show, loss of mucous plug, contractions (ie: cramping) and/or waters breaking.
- Contact your Midwife when contractions get into a pattern of 7 minutes apart, lasting 1 minute, consistently for 1 hour.
- Be aware of weather conditions and do your best to contact your Midwife with enough time for them to arrive given those conditions.
- Communication with your Midwife and other support people is important to ensure everyone is able to arrive and support you when you need them!