



## When to Call...

Early Labor Signs can be varied and many. Every woman is unique, and will go into labor in her own way and in her own timing. Some signs may be present weeks before labor begins, and sometimes they don't manifest until shortly before labor begins.

Your midwives want to be in touch with you during these early changes so we can weave in with you as your labor progresses. These early communications are significant and give us an opportunity to truly support you during your labor and birth. We encourage you to initiate contact with any questions or concerns as they arise.

Here are signs of labor so that you know when to call.

### **Signs of Labor**

Please call the cell phone, day or night, with the following signs of labor...

1. Contractions

Please call day or night if you are experiencing tightening, surges, or contractions that become rhythmic. As a general rule, 5 in an hour usually signify that a pattern is developing. Even if they don't hurt or don't feel strong, knowing that you have begun experiencing signs of early labor helps your midwives prepare for an approaching labor. If you find yourself unable to sleep at night because of contractions, please call the cell phone, day or night.

2. If your water breaks

Sometimes this is an obvious "pop" and a gush, sometimes it is more difficult to determine if you might have leaked urine, experienced wet vaginal discharge, or if your membranes have, in fact, released.

3. Mom feels different and thinks her baby is coming

The following signs of labor are very important and let us know that your body is warming up. We want to hear about these, however, they are not "cell phone" calls. You can call the land line.

4. Mucus Plug - also called bloody show, is the jelly-like substance that plugs up the cervix during most of pregnancy and acts as a barrier against bacteria and other harmful substances from entering the womb. The mucus plug may be anywhere from white to translucent to gray to pink, and its amount may vary from just a little bit to a golf-ball sized glob.

5. Loose Bowel Movements

6. Leaking Amniotic fluid

\*REMEMBER\* ~ Self Care~

We can't express to you enough how important it is to take good care during these last few weeks of your pregnancy. Take naps, drink plenty of water & nourishing herbal infusions, eat healthy revitalizing foods, relax, and enjoy! You are simultaneously preparing for your birth & for your postpartum...and it is important for your labor, which could be anytime, that you are feeling up for the task, well rested, and well nourished.

We support you and are so happy to be with you now & during your labor & birth!