

WOMB & BLOOM



LONDON

## SIGNS OF EARLY LABOUR (or Latent phase)



### SIGNS OF EARLY LABOUR

- A 'show' is where your mucous plug comes away from the opening of the cervix as your body starts to prepare for labour. Depending on what it looks like, it could be an indication that labour is imminent or may happen within the next week.
- Lower back pain
- Period like pain that comes and goes
- Loose bowel movements
- Your waters may break - this could be a slow leak or a gush. It may be pink or clear. If it's a greenish colour or noticeable lumps of meconium, you should call your midwife to discuss next steps.
- You may have an urge to throw up. This is normal.

### HOW TO COPE IN EARLY LABOUR

- Early labour can go on for hours or days so it's important to have ways to cope to conserve your energy as much as you can. This is no time to chase your labour.
- Stay at home as long as you can
- Rest & Sleep
- Practice your breathing techniques, listen to calming music or hypnobirthing downloads.
- Take long, slow deep breaths, in through the nose & out through the mouth - lengthening your out breath. Soft mouth, jaw, shoulders, wrists and hands. Release all tension.
- Take a bath, watch a funny or romantic movie.
- Go for a gentle walk to get some fresh air before settling down to rest.
- Use heat packs or TENS machine.



### WHEN TO GO TO HOSPITAL IF YOU ARE PLANNING TO

Anytime you are unsure, concerned or worried, it is important to speak to your healthcare provider/hospital on the phone. Always consider your B.R.A.I.N.S before deciding to take action.

Call your midwife if you have :

- Regular & consistent contractions for a good period of time. Most hospitals will tell you to stay home until you have 3 surges every 10 mins for at least an hour (if you have no pregnancy concerns & this is your first pregnancy)
- You are worried about your baby's movements
- You are wanting pain relief or uncomfortable at home.

If you are not in labour or if your labour is not yet established, depending on your situation, it is generally better to stay at home. Research shows that birthers labour much better when in the comfort of their own home.

Remember your OXYTOCIN loves :

- Comfort
- Quiet
- Not feeling observed
- Dark spaces
- Favourite comfort measures - bath, your bed, favourite pillows, home food, favourite movies or musics. Comforting smells and sights.