

SIGNS YOUR LABOUR MIGHT BE STARTING

Your baby could be born at any time from 37 weeks until about 42 weeks and it is considered 'term' pregnancy. This means your baby would not be considered premature.

You might experience some of these sensations if your body is starting to go into labour:

Nausea/vomiting, period like pain, lower back pain, diarrhea, your waters might break.

You might feel – anxious, hungry, irritable, relieved, excited, scared, tired, exhausted or energised.

Try to distract yourself – cooking, cleaning, reading, dancing, watching television, or walking [for example].

If it is night-time, try to sleep or rest. Use pillows to support a comfortable position – it might be lying on your side, sitting up slightly, leaning forward using pillows to support your belly.

CALL THE HOSPITAL OR YOUR MIDWIFE

If you think your water has broken [it might be a gush, or a trickle], or you have bleeding from the vagina like your period, the baby is not moving as it normally does or you are experiencing pain that makes you worried.

Write your hospital number here _____

If you have water or blood coming from your vagina, make sure you put a pad on so that you can show the midwife when you arrive at hospital.

If you have a doula and are going into the hospital call them to let them know what is happening.



THINGS TO CONSIDER

You may want to time your contractions - from the start of one contraction to the start of the next one, how long does the contraction last? Time your contractions for 10 minutes to get an idea of the pattern.

Has your water broken or do you have any bleeding? If the answer is yes, put a pad on and call the hospital.

Is your baby still moving the same as what is normal for you?

Do you have to contact your support people?

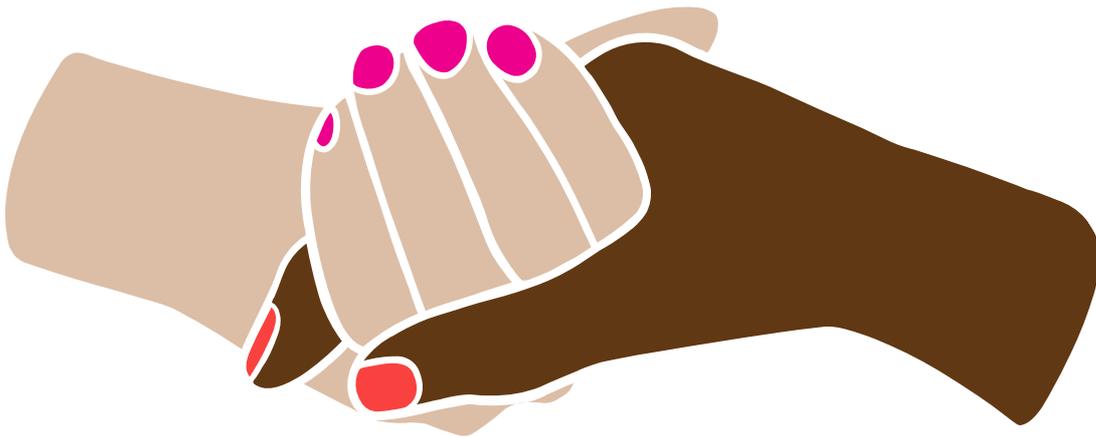
Do you have to arrange someone to look after other children or pets?

Are your bags packed?

RESOURCES

<https://www.betterhealth.vic.gov.au/health/healthyliving/pregnancy-labour>

<https://www.pregnancybirthbaby.org.au/labour-the-signs-and-stages>



DISCLAIMER

This information is not intended to be medical advice, it is a guide only. Please ask your midwife or doctor for information and advice directly related to your care and your baby's care.