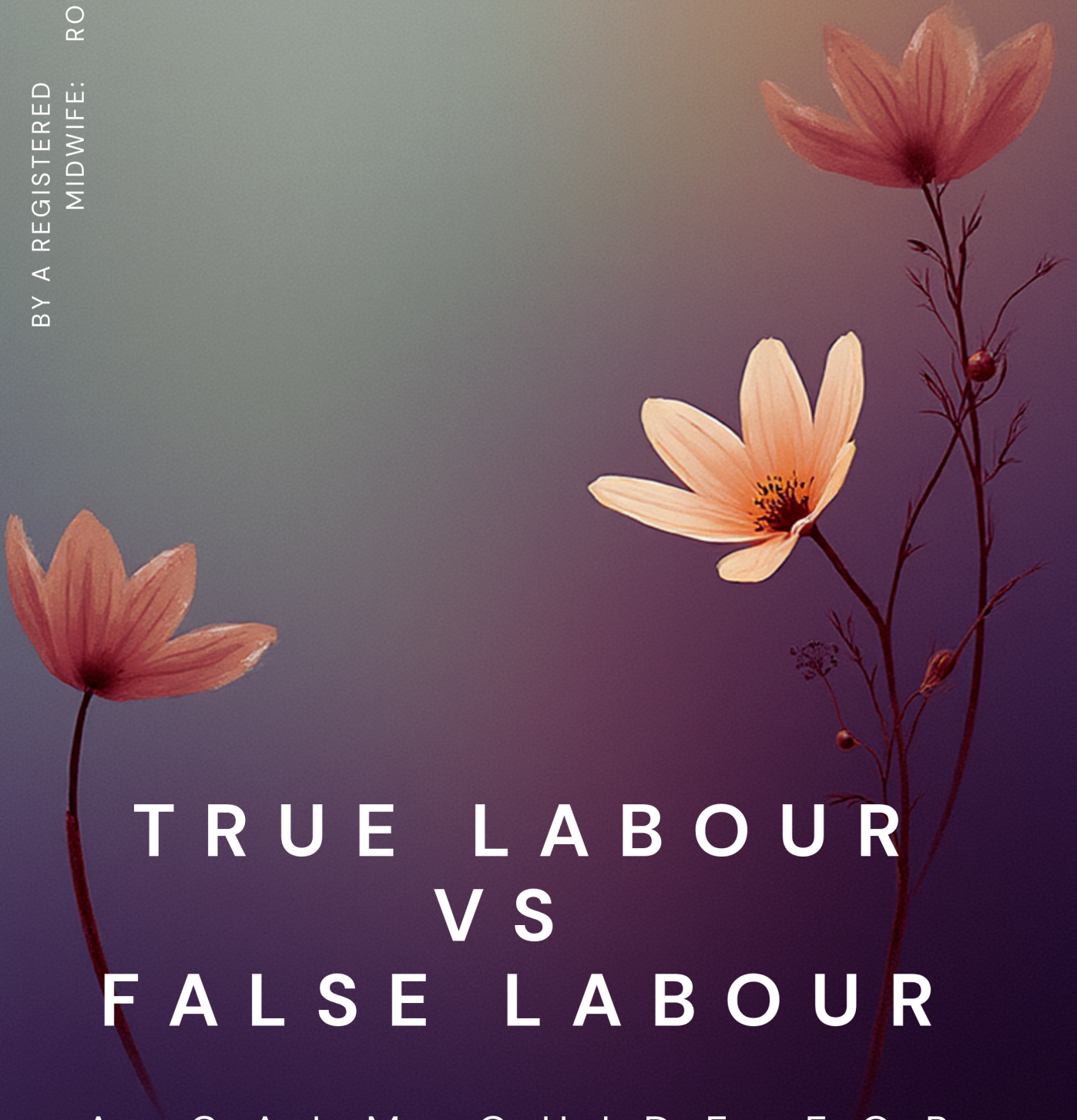


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BY A REGISTERED  
MIDWIFE: RONEL DODD



TRUE LABOUR  
VS  
FALSE LABOUR

A CALM GUIDE FOR  
FIRST-TIME MOMS

# WHY THIS CONFUSION IS NORMAL

MANY FIRST-TIME MOMS  
WORRY THEY ARE EITHER:  
MISSING THE START OF  
LABOUR, OR  
MISTAKING FALSE LABOUR FOR  
REAL LABOUR

THIS CONFUSION IS NORMAL.  
YOUR BODY OFTEN PRACTICES  
BEFORE TRUE LABOUR BEGINS.

THESE PRACTICE  
CONTRACTIONS ARE YOUR  
UTERUS WARMING UP.

THIS GUIDE HELPS YOU  
UNDERSTAND THE DIFFERENCE.

# WHAT FALSE LABOUR (BRAXTON HICKS) FEELS LIKE

FALSE LABOUR CONTRACTIONS  
OFTEN:

- ARE IRREGULAR
- DO NOT GET CLOSER TOGETHER
- DO NOT GET STRONGER OVER TIME
- EASE WITH REST, HYDRATION, OR A CHANGE IN POSITION

THEY MAY FEEL UNCOMFORTABLE, BUT THEY ARE USUALLY MANAGEABLE.

FALSE LABOUR PREPARES YOUR BODY — IT IS NOT WASTED EFFORT.

# WHAT TRUE LABOUR FEELS LIKE

TRUE LABOUR CONTRACTIONS  
USUALLY:

- BECOME REGULAR
- GET CLOSER TOGETHER
- INCREASE IN STRENGTH
- LAST LONGER OVER TIME

THEY CONTINUE EVEN IF YOU:

- REST
- CHANGE POSITION
- DRINK WATER

TRUE LABOUR HAS A RHYTHM  
AND A DIRECTION.

# KEY DIFFERENCES AT A GLANCE

## FALSE LABOUR

STOPS OR SLOWS  
FEELS INCONSISTENT  
OFTEN FELT MOSTLY IN THE  
FRONT  
ALLOWS CONVERSATION  
DURING CONTRACTIONS

## TRUE LABOUR

BUILDS AND CONTINUES  
FEELS STRONGER WITH TIME  
OFTEN STARTS IN THE BACK  
AND MOVES FORWARD  
REQUIRES FOCUS AND  
BREATHING

## WHAT TO DO IF YOU'RE UNSURE

IF YOU ARE UNSURE:  
REST FOR 30-60 MINUTES  
DRINK WATER  
CHANGE POSITION OR TAKE A  
WARM SHOWER

IF CONTRACTIONS CONTINUE  
AND STRENGTHEN, LABOUR IS  
LIKELY STARTING.

IF THEY FADE, YOUR BODY MAY  
STILL BE PREPARING.

BOTH ARE NORMAL.



WHEN TO CALL YOUR  
MIDWIFE OR HOSPITAL

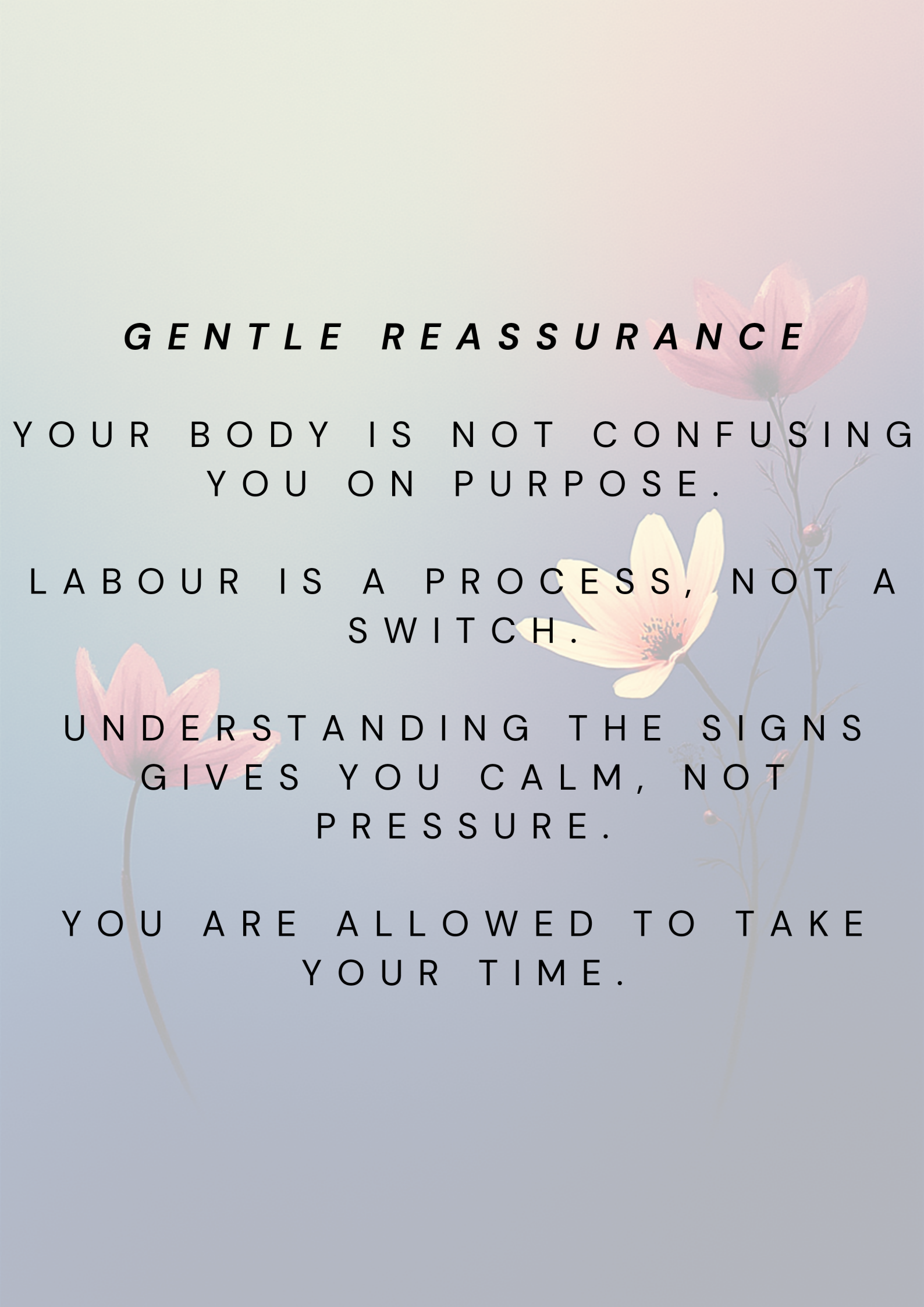
CALL YOUR HEALTHCARE  
PROVIDER IF:

CONTRACTIONS BECOME  
REGULAR AND PAINFUL  
YOU FEEL UNSURE OR ANXIOUS

YOUR WATER BREAKS

YOU FEEL SOMETHING DOES  
NOT FEEL RIGHT

YOU NEVER NEED PERMISSION  
TO ASK FOR GUIDANCE.



***GENTLE REASSURANCE***

YOUR BODY IS NOT CONFUSING  
YOU ON PURPOSE.

LABOUR IS A PROCESS, NOT A  
SWITCH.

UNDERSTANDING THE SIGNS  
GIVES YOU CALM, NOT  
PRESSURE.

YOU ARE ALLOWED TO TAKE  
YOUR TIME.



MEDICAL DISCLAIMER

THIS GUIDE IS FOR  
EDUCATIONAL PURPOSES ONLY.

IT DOES NOT REPLACE  
MEDICAL ADVICE OR CARE.

ALWAYS FOLLOW THE  
GUIDANCE OF YOUR  
HEALTHCARE PROVIDER.