

Early labour checklist

Note

Time, Duration, Strength.

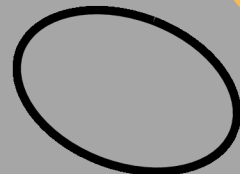
e.g.

12:30

30 sec

Mild

What time did labour start?



Comfort measures

- Warm bath or shower
- Gentle walking or movement
- Light snacks and hydration
- Breathing and relaxation exercises

When to call your midwife/hospital

- Contractions every 5 minutes for 1 hour
- Water breaks (even a trickle)
- Bright red bleeding
- Decreased fetal movements
- Severe pain not eased by comfort measures
- Any concerns or uncertainty

Personal notes

- Pack hospital or birth bag
- Contact support person or family
- Review birth plan if helpful