

birthmatters

AT THE START OF FAMILY LIFE



LOCAL ANTENATAL COURSES FOR LOCAL PEOPLE

AM I IN LABOUR?

Labour contractions

get **longer**

get **stronger**

get **closer together**

They are **regular** and last for **at least 30 seconds**

They are 20 minutes apart or less

They don't go away if you relax or have a bath

They hurt

When should I go to hospital?

When your contractions last for 60 seconds

When you've lost your sense of humour

When you can't ignore them or talk through them

If your waters go with a gush

If you want to be where your baby is going to be born

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Remember to:

- * Phone before you go.
- * Don't go around the time of a shift change.
- * Eat before you leave the house.
- * Stop at the door and say goodbye!!