



# BABY STEPS

## Baby's Coming!

You've heard all the stories. Your aunt gave birth on the way to the hospital. Your friend delivered her baby in the bathroom. The truth is, you most likely will have plenty of time to get ready, especially if this is your first baby.

Most pregnant women go through practice labor (also called false labor) before they go through the real thing. Learn how to tell what is true labor and what is practice labor.

### Signs of TRUE LABOR:

- Contractions that get stronger, especially when you walk. You can feel them all over your belly and in your lower back.
- Contractions that get regular and closer together. They should come every 5 – 10 minutes.
- Pink or red fluid coming from your vagina.
- Your water might break. This could be a slow trickle or a sudden gush, like you have peed!

Call your doctor or midwife right away if you have any of these signs. They will tell you what to do.

### Some signs of PRACTICE LABOR are:

- Contractions that are not regular and do not get closer together.
- Contractions that go away when you change position.
- Contractions that are felt mostly in the front of your belly.

### Take care of yourself

- Pack your hospital bag at least one month before your baby's due date.
- Practice different ways to relax and relieve pain before the big day. You never know what will work when the time comes.
- Enroll in a child birth class. Call Alliance at **510-747-4577** to find a class near you.



Labor begins the birth process. It means your baby will be here soon!

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