



BABY STEPS

Born Too Soon

Premature (preemie) babies are born too soon, more than three weeks before their due date.

While many preemies go on to lead normal lives, they may have problems with:

- Growing
- Eating
- Breathing
- Staying warm
- Learning

Some preemies have serious health problems and need to stay in the hospital for a long time.

To help prevent premature labor, watch for certain signs while you are pregnant and tell your doctor right away.

These signs include:

- Pain or pressure in your lower back, or a sudden change in your back pain.
- Feeling like the baby is pressing down
- Contractions that come every ten minutes or less
- Period-like cramps that come and go
- Fluid or blood leaking from your vagina
- For some people, even diarrhea can be a sign of premature labor.

If you have these symptoms:

- Rest on your left side for one hour
- Drink 2 or 3 glasses of water or juice

If the symptoms do not go away after one hour, call your doctor or midwife. Do not worry about calling your doctor, office staff or midwife, day or night. It is their job to take care of you and your baby.



The good news is premature (early) labor can sometimes be prevented.

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