

# Timing Contractions like a Pro

The number to call when I'm in labor \_\_\_\_\_.

Do my partner and I both have that number in our phones? \_\_\_\_\_ Yes \_\_\_\_\_ No

My provider said to \_\_\_\_\_ (call/alert them/come in) when my contractions are in a pattern of \_\_\_\_\_.

If my water breaks, my provider wants me to \_\_\_\_\_.

## I pinky promise to only time contractions:

- \_\_\_\_\_ if I am not able to rest or be distracted
- \_\_\_\_\_ When there is a clear start and stop to each one
- \_\_\_\_\_ 5-10 at a time, then put the phone away
- \_\_\_\_\_ When I'm about to call my provider
- \_\_\_\_\_ To verify a noticeable change from the last time I timed.

## Changing qualities of contractions:

- Obvious starts and stops
- Obvious tightening, peak and releasing.
- Felt in front, then felt in front AND back.
- Changes in the shape of the belly through them.

## I'm watching for these other signs:

- Bloody Show (continuous through labor).
- A need to move around and be upright.
- Can't talk through contractions. Becoming non-verbal
- A need to breathe deeply and maybe vocalize with contractions
- Shaky arms and legs, leaning forward
- Feeling contractions in the back as well as the front
- Growing seriousness, focus and urgency.