



You're Having a Baby

Your Experience of Early Labor

Fill this out when you think you *may* be in labor. Note that many women have several “false starts”—they think they’re in labor, and then contractions stop, only to start again a few days later... so you may need a few copies of this page.

Date: _____

Signs Labor May Be Starting (*Pregnancy, Childbirth, and the Newborn* [PCN] pages 170-74, *The Simple Guide to Having a Baby* [SG] pages 82-84)

What are your signs? _____

Distractions (PCN page 243, SG page 87)

What are you doing to distract yourself, stay calm and relaxed, and not get too worked up about early labor? _____

Timing Contractions

When distractions aren't working anymore, and you need to work to cope with the contractions, time them. (See the Early Labor Record chart in the When and How Labor Begins section.)

Starting Time	Duration (in seconds)	Interval or Frequency (minutes since beginning of last contraction)	Comments
_____	_____	_____	_____
_____	_____	_____	_____
_____	_____	_____	_____
_____	_____	_____	_____
_____	_____	_____	_____
_____	_____	_____	_____
_____	_____	_____	_____
_____	_____	_____	_____
_____	_____	_____	_____
_____	_____	_____	_____

Coping with Early Labor (PCN page 243, SG pages 86-87)

What are you doing? _____

Calling Your Care Provider (PCN page 244, SG page 85)

When did you call? _____
What did he or she say? _____

