



# Practice Labour

Towards the end of your pregnancy, you may begin to have Braxton-Hicks' contractions or practice labour. These contractions may be painful or simply just like a 'tightening.' Practice labour initiates subtle changes that prime the uterus and cervix for a more efficient and speedy labour! If you are uncertain if you are in true labour, don't get too stressed about it. Just relax in a nice hot bath, or continue to rest in bed or on the couch and let the labour progress on its own. You shouldn't need to time the contractions, just use the following guide to help you differentiate. Within a few hours, you will know whether this is truly your baby's Birth Day.

## **Practice Labour**

- Irregular contractions
- Intensity does not change
- They don't change when walking
- They go away when lying down
- Warm bath stops/slows contractions
- No bloody show or mucous

## **True Labour**

- Rhythmic contractions
- Contractions get stronger, longer, and closer together
- They get stronger when walking
- They continue when lying down
- Warm bath may speed up contractions
- Likely to have bloody show or mucous