

[Music]

A lot of people wonder how are they going to know when they are actually in labor, especially when it's their first baby and they don't know what a contraction is.

You can contract every day of your pregnancy. It is the timing, the frequency and the intensity of the contractions that will determine if labor will progress.

Typically, quote, "real labor" is something where the contractions become more frequent. They become stronger. They don't go away if you sit down. They don't go away if you have some glasses of water or take a bath.

Once the contractions of labor start, you're more often looking to kind of pause, catch your breath and become visibly uncomfortable with what you're experiencing.

And we ask people to start timing their contractions when they feel that.

So if you're having contractions every five minutes consistently for an hour and they're getting stronger, they're lasting a minute, it's difficult to talk through them, you should come in and get your cervix checked to make sure you're not in labor.

If you've had a baby before, sometimes those labors can progress more rapidly, so we ask you to come in on the earlier side sometimes. So if you're having contractions that are every seven minutes even, consistent over an hour and they're hard to talk through and they're lasting a minute and you've had babies before, you should come in and get your cervix checked then.

[End of recording]