

## Signs I'm in labour

It might sound like an obvious one to detect, but labour isn't always what you see in the movies. Here's a few signs of labour to look out for.

- ✧ Regular contractions or tightenings. They could feel like really intense period pains.
- ✧ A sore back – contractions don't just happen in in the bump area.
- ✧ Something they call a “show” which is mucus or jelly-like stuff in your knickers.
- ✧ A very sudden urge to use the toilet caused by the baby's head pressing down on your bowel.
- ✧ Waters breaking. This might not happen before labour. But if it does call the hospital ASAP.
- ✧ Call the hospital ASAP if you're unsure or worried about anything. For example, if you're bleeding or your baby is moving less than usual.