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.