

# Latent Phase of Labour: What's Normal?

Stop Start
Contractions that
are uncomfortable
and don't
intensify

Change in Baby's Movements

## **Normal**

Blood streaked mucus show

More than a little bit of blood

# **Not Normal**

Waters Breaking – clear fluid (trickle or gush) Waters Breaking – not clear in colour (trickle or gush)

### Things you can do to help





Drink plenty and eat what appeals to you





or changing positions



Focus on slow, deep breathing



Use warm pad or ice pack on lower back



Read a book of watch TV



Ask your birth partner for a gentle massage

### When should I contact the maternity unit?

Active labour usually begins when your your contractions are regular and coming about 3 in every 10 minutes. However, listen to your body, if your contractions are less frequent than this but you want to speak to a midwife please call for further advice and support.

Please do not hesitate to contact the maternity unit immediately if have any concerns or worries.

