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WORKING WITH PARENTS SINCE 2002

### Early Labour: Options & Strategies

Early Labour can be very straight-forward but there are some common issues which can need some consideration and preparation for.

The early stage of your labour could be brief, building quickly into established labour with strong and powerful contractions but it can also take time to unfold over a day or two. It can be important to consider how you might feel during a **long early labour** and what strategies you might use...

Your contractions can range from short to a minute long, they can be mild or they can demand your focus. What can you do to work with your **contractions**?

If your baby isn't quite in the right position, you may experience back ache, which may be continuous. How could you manage this **backache**?

Only about 5% of labours begin with waters breaking. Contractions can start at the same time but there may be a delay of a few hours for contractions to start and intensify.

What are your options if your **waters break** first?

**Fear and anxiety** can sometimes be part of early labour as you adjust to your contractions and your pattern of labour but this can make you feel panicky and scared and it can mean that because you fear what your body is doing, you can start to battle with it and you can be tense and overwhelmed.

What might you need to manage any fear or anxiety?

**What is going to be helpful for you at home in early labour?**

To stay as calm and comfortable as possible as you manage your energy and work with your contractions

**What support might you need when you are at home?**

What can birth partners do?

## Questions

**If you have any questions about preparing for the birth of your baby, if you are feeling anxious and in need of more in-depth information, support and reassurance, please don't hesitate to get in touch with me for 1:1 sessions, email/phone support.**

**Written by Janine Smith – a specialist in pregnancy, birth and early parenting**