



LATENT LABOR



Latent Labor is when you are having regular contractions, but your cervix is not dilating. This stage is considered early labor. Early labor plays an important role in preparing your body for active labor.

If you meet the following criteria, we recommend you labor at home during this early stage where you will be more comfortable:

- Your baby's heart rate pattern is good
- Your blood pressure is within normal limits
- You are more than 37 weeks gestation
- Your baby is head down
- You don't have any prior uterine scars from a previous c-section or uterine surgery
- Your bag of water is intact
- You and your baby do not have any significant health problems
- You have labor support to help you labor at home

While at home, you can try any of the following methods to help you through this early stage of labor:

- Take a warm bath or shower
- Sit in a rocking chair or on an exercise ball
- Change positions from right side to left side, hands and knees, and sitting straight up with legs crossed
- Move around by walking, slow dancing, or swaying
- Try getting in a knee/chest position to help with back labor

You can return to the Birthing Center at anytime if you feel like your contractions have changed and become stronger, your bag of water breaks, you are feeling decreased baby movements, or any other concerns.

SIGNS OF ACTIVE LABOR

There are some signs to watch for that will indicate active labor, they are listed below:

- Water breaking
- Regular, painful contractions
- Increased pressure with regular contractions

If you think you are in active labor, you should grab your hospital bag and head to the hospital. Make sure your bag is packed and ready to go, below is a list of items you may want to bring with you to the hospital:

- Phone charger
- Camera
- Toiletries
- Baby book
- Lip Balm
- Comfortable shoes
- Slippers
- Nursing bra
- Snacks
- Car seat
- Going home outfit for baby