

EARLY LABOUR:

- Try to ignore it
- Rest and relax
- Eat & drink
- Do NOT time contractions until STRONG & <4-5mins
- Tylenol & Gravol (drowsy)

ACTIVE LABOUR:

4-1-1 Rule:

- ≤ 4 mins between contractions
- Consistently STRONG
- 1 minute long contractions
- Pattern consistent for 1 hour

