



4 signs you may be going into labor

Not every mom will have all of these signs, but if you do, you'll know it's time to grab your go-bag.



Your baby drops.

A few days or weeks before delivery, the baby shifts downward into the pelvis in preparation for birth. You may experience easier breathing, but you might also feel more pressure in your pelvic area as well as some cramping.



Your cervix changes.

As your cervix begins to stretch, you may experience a small amount of blood loss, typically seen as pink or brown streaks. If you see a large amount of red blood, call your doctor or seek medical attention immediately.



You experience contractions.

You may feel your abdomen become tight, or you may experience backaches or cramps. You'll know it's the real deal — as opposed to the “warm-ups” known as Braxton-Hicks contractions — if they're regular when you time them, they become stronger, and they continue even when you drink water or change position.



Your water breaks.

You may experience a rush of fluid or just a slight trickle. Either way, it's likely a sign that your baby is on its way and it's time to go to your doctor.



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How Do You Know When You Are Close To Labor

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Unveiling the Energy of Verbal Artistry: An Mental Sojourn through **How Do You Know When You Are Close To Labor**

In a world inundated with screens and the cacophony of instant connection, the profound energy and psychological resonance of verbal artistry usually disappear in to obscurity, eclipsed by the regular assault of noise and distractions. Yet, nestled within the musical pages of **How Do You Know When You Are Close To Labor**, a interesting function of fictional brilliance that pulses with natural thoughts, lies an remarkable journey waiting to be embarked upon. Penned by way of a virtuoso wordsmith, that magical opus books visitors on an emotional odyssey, softly revealing the latent potential and profound affect embedded within the intricate internet of language. Within the heart-wrenching expanse with this evocative evaluation, we will embark upon an introspective exploration of the book is key styles, dissect their fascinating publishing fashion, and immerse ourselves in the indelible effect it leaves upon the depths of readers souls.

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