



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

Thomas Griffiths



How Do You Know When You Are Close To Labor:

Decoding **How Do You Know When You Are Close To Labor**: Revealing the Captivating Potential of Verbal Expression

In a period characterized by interconnectedness and an insatiable thirst for knowledge, the captivating potential of verbal expression has emerged as a formidable force. Its capability to evoke sentiments, stimulate introspection, and incite profound transformations is genuinely awe-inspiring. Within the pages of "**How Do You Know When You Are Close To Labor**," a mesmerizing literary creation penned by a celebrated wordsmith, readers embark on an enlightening odyssey, unraveling the intricate significance of language and its enduring affect our lives. In this appraisal, we shall explore the book is central themes, evaluate its distinctive writing style, and gauge its pervasive influence on the hearts and minds of its readership.

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