

The Signals of Birth

Know one really understands what the real sign is for the coming birth. People talk about water breaking, and contractions starting. But even these can be false signs. There are contractions all through the pregnancy though your partner may not feel them; they are termed Braxton Hicks and occur every 20 minutes throughout the pregnancy. During the last month, they can be thought to be quite strong and can be thought to be the real thing – this is called false labor. Of course, if that occurs, you have to know something about infections and temperatures.

So how does a woman know when it is time? That is a good thing to go over. The best clue that a woman is in active labor is that the cervix is thinning and opening, and not just a little bit, but more like half way. Some women go rapidly, and the power of the contractions and the fact that the woman can't talk through those contractions is a telltale sign.