



# Flutter & Bloom

DOULA SERVICES









## EARLY LABOR GUIDE

*Trust your body. Trust the process.*

Early labor is the beginning of your body's incredible work. This guide will help you know what to expect and how to care for yourself.

### SIGNS EARLY LABOR MAY BE STARTING

-  Consistent contractions that come and go
-  Bloody show (pink or brown discharge)
-  Water breaking or leaking
-  Low back ache
-  Pelvic pressure
-  Increase in energy (or nesting!)

Every body is different and every labor is unique. There is no "right" way for labor to begin.

### DURING EARLY LABOR

-  **REST AS MUCH AS POSSIBLE**  
Conserve your energy for active labor.
-  **EAT NOURISHING FOODS**  
Choose light meals and snacks you enjoy.
-  **STAY HYDRATED**  
Sip water or electrolyte drinks often.
-  **MOVE YOUR BODY**  
Walk, stretch, or change positions to stay comfortable.
-  **USE COMFORT MEASURES**  
Warm showers, baths, or massage can help.
-  **PRACTICE BREATHING**  
Deep breaths, relaxation, and mindfulness can ease tension.
-  **KEEP DISTRACTED**  
Watch a movie, listen to music, read, or spend time with loved ones.

### CALL YOUR DOULA WHEN

- ♥ Contractions are regular and becoming stronger
- ♥ You need reassurance or support
- ♥ Your water breaks
- ♥ You feel overwhelmed or unsure
- ♥ You just want an extra set of calm, loving hands and a supportive presence

### Remember

Early labor is a marathon, not a sprint. Go slow. Conserve your energy. You've got this, mama.



### WHEN TO CONTACT YOUR HEALTHCARE PROVIDER



- ♥ Contractions are 5 minutes apart, lasting 60 seconds, for at least 1 hour
- ♥ Your water breaks and is clear, green, or meconium-stained
- ♥ You have heavy bleeding
- ♥ Baby's movements decrease
- ♥ You have a fever or flu-like symptoms
- ♥ You have an intense headache, vision changes, or severe swelling

When in doubt, call. You know your body best.



### YOU ARE NOT ALONE

Your body was made for this. You are strong. You are capable. And you have a whole team cheering you on every step of the way.



A COCOON BECOMES A BUTTERFLY. A PREGNANCY BECOMES A BABY. A COUPLE BECOMES A FAMILY.

*And through it all... Love Grows Here.* ♥

