

## Approaching childbirth – Is this normal?

- Minor bloody discharge is normal. Heavy bleeding is abnormal.
- Baby's movements in the womb are a sign of the wellbeing of the baby.
- Normal amniotic fluid should be clear, light yellow or light pink. Abnormal amniotic fluid is green or clearly bloody.
- Normal labour pain will ease between the contractions. Continuous abdominal pain is abnormal.

## Checking baby's wellbeing by counting movements

Baby's movements in the womb are a sign of the wellbeing of the baby.

The expecting mother can usually feel baby's movements around halfway of the pregnancy and should feel movements until giving birth.

Count the baby's movements only if you are worried about baby's wellbeing

### How to count baby's movements:

1. Lie on your left side
2. Count all the movements you feel for one hour. If you get more than 10 movements, you can stop counting. Everything is ok with the baby.
3. If you get less than 10 movements, count again for one hour. You should move around and drink something before you count the movements again.
4. If you still get under 10 movements, go to the hospital for a check-up.

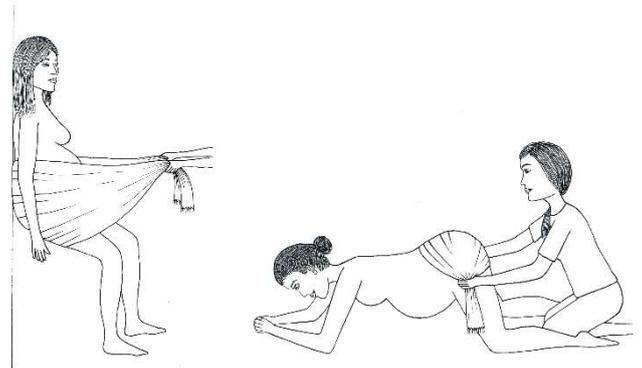
## Signs of labour

- Regular contractions that last over two hours are usually a sign of ongoing labour.
- Water can break either before or during the contractions. It usually intensifies the contractions.
- Regular contractions may cause pressure in the perineal area (bum).

## Self-help pain relief in childbirth

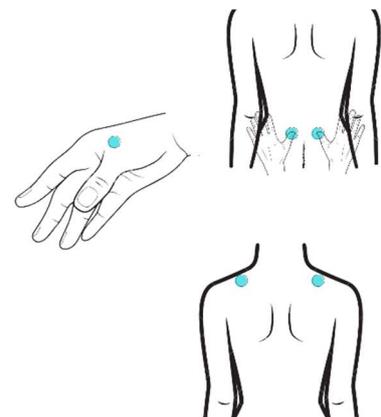
### Rebozo

- Rebozo is a cloth that can be used during pregnancy and childbirth to relax and relieve pain.
- The support person can give a massage by wrapping the cloth around the woman and making small rhythmic movements or slow, relaxed movements.



### Massage

- Massage and touch relieve pain and helps to relax.
- Massaging the lower back, shoulders and hands can relieve pain during labour.



### Positions and movement

- Upright position and moving during childbirth can relieve pain and help baby to move lower in the birth canal.
- You should move listening to your own feelings and try to find the best position for you. You can for example walk, sway, wiggle your hips, dance or squat.

# Pregnancy and birth



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## Information leaflet for the mother



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