You're in the Final Push to Birth!

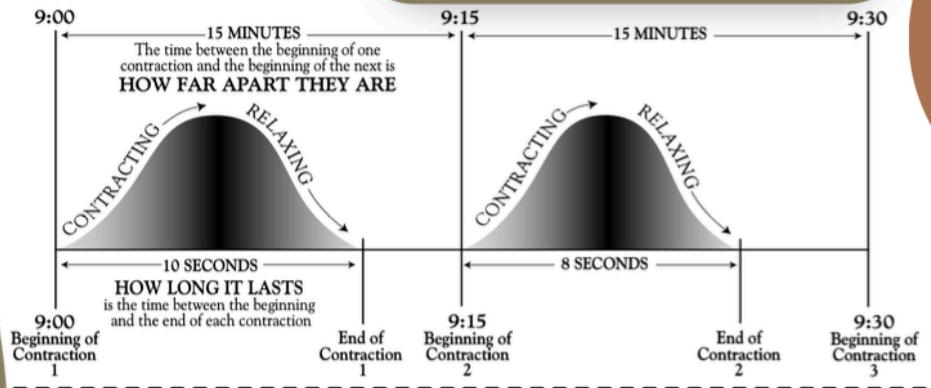
When to call Shanna: 972.839.9443

- 4-1-1 Period-like contractions that are coming every 4 minutes from start to start, lasting 1 minute, and maintaining that for 1 hour.
- Contractions that are so intense you can't walk or talk through them
- Gush of fluid
- Anything that scares or concerns you
- If baby's movements change from their normal.
- Bright red bleeding (small amount of mucus bloody discharge is normal)
- If I don't answer, hang up and call a 2nd time immediately. If I don't answer or call back in 15 min, call my backup midwife, Alyx Biondo at 713.962.4228

What then?

- Sleep as much as possible in labor.
- Eat as desired.
- Call when contractions are longer-stronger-closer.
- We will come to your house to check on you when it appears that you are in active labor.

What to do between now and then.

- Fill out all new documents added to your portal.
- Read all documents in the home birth folder.
- Purchase all items on shopping list.
- Create your birth affirmations or print the ones provided.
- Make a few freezer meals.
- Pick a pediatricians.
- Create a birth plan/preferances.

How to time contractions.