



FIRST TRIMESTER

Pre-Labor Signs in the Final Weeks

In the final weeks of pregnancy, your body experiences subtle yet significant changes. This guide outlines key pre-labor signs to help you understand your body's natural preparation process and remain calm during this exciting time.

A free guide from maternity.app

As you approach the end of your pregnancy, your body starts preparing for labor. Recognizing the signs of pre-labor can help you feel more at ease and ready for the exciting days ahead.

Recognize the Signs of Pre-Labor.

- **Lightening.** Your baby may drop lower into your pelvis, relieving some pressure on your diaphragm but increasing pelvic pressure.
- **Loss of the mucus plug.** You might notice this discharge as your cervix begins to soften; it can occur weeks or days before labor starts.
- **Effacement and dilation.** During check-ups, your provider may note that your cervix is thinning and beginning to open, which is crucial for birth.
- **Frequent Braxton Hicks.** These practice contractions may become more noticeable and rhythmic, but they go away with rest and hydration.

Pre-Labor Progress Checklist

- ☐ Lightening (Baby Dropping)
- ☐ Loss of the mucus plug
- ☐ Effacement noted during exams
- ☐ Regular Braxton Hicks contractions
- ☐ Stay hydrated throughout the day
- ☐ Keep track of any pelvic pressure changes

What to Watch For.

While these signs indicate your body is preparing for labor, it's essential to know when to contact your doctor. Be aware of regular, painful contractions every 5 minutes, if your water breaks, or if you see bright red vaginal bleeding.

STAY CALM AND PREPARED

Understanding these signs can help you feel more empowered as you approach labor. You're doing amazing!

Trust your body as it gets ready for this incredible journey. You're more prepared than you think, and you're not alone in this process. Reach out for support whenever you need it.