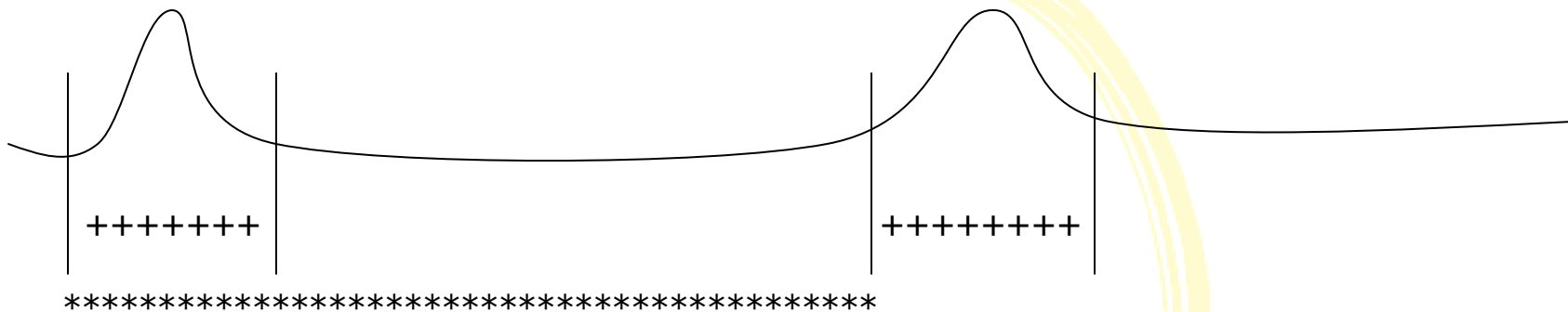


Timing Contractions

There are two things you want to know about your contractions: the frequency (how often, how far apart?) and the duration (how long?).



Frequency (*) is timed from the beginning of one contraction to the beginning of the next.

Duration (+) is timed from the beginning of a contraction to the end of that contraction.

So, in the example above, if 1" on the chart equals one minute, these contractions are coming every 4 minutes or so, and lasting just over one minute long. An easy way to keep track is to write down the time the contraction begins, and the number of seconds it lasts.

You don't need to time every contraction. You can time them for a while when they first start to see if there's a pattern. After that, time them whenever you think something has changed. Time three or four in a row to see if a new pattern has become established, then set the watch aside and do something else.