

EARLY LABOR ACTIVITIES

Take a nap, Eat, Laundry, Clean, Take a walk, Binge watch Netflix, Fix some freezer meals, Organize baby clothes, Vacuum, Go to work, Get a massage, Go out to eat with a friend or loved one, Pack your hospital bag with your favorite last minute items (New Nursing Gown), Go shopping (perhaps buy that new nursing gown), Wash dishes, Have a dance party in the kitchen (can be done while washing dishes), Go to bed, Make cookies (lactation cookies or chocolate chip), Eat cookies, Relax and Enjoy the remainder of your pregnancy.

Remember this part of labor can last several hours or several days. Talk to your care provider if you have concerns or for specifics on when to know it is active labor.

Learn more by taking a childbirth class.

www.BirthVA.com