1)When your waters break you can have a trickle(,which happens everytime you move(stand up sit down bend ect) this is sometimes more difficult to say they have definitely broken.OR you can have a big gush which is easier to see

2 When you think they have broken note time and colour to reprt to your caregiver

3You will have ongoing leaking ,if you do not have pain you don’t need to go to hospital immediately but if you are having pain yes you should go.Either way you should contact caregiver as soon as you think something has happened

4 If your water breaks and you have no pain then you are most probably in labour

5 A show (mucous mixed with blood) or pain that comes and goes and gets longer and stronger and closer together this pain is just above your pubic bone and /or in your back

6 Your waters are there to protect you and your baby from infection and cushion your baby’s head.They should therefore stay intact till the baby is born or break on their own.We know that breaking your waters causes a release of hormone that makes your contractions stronger pushes the head onto the cervix and helps you dilate quicker.This may be necessary if labour is prolonged or for an induction.

7 Your waters are there to protect you and your baby from infection and cushion your baby’s head.They should therefore stay intact till the baby is born or break on their own,so your contractions usually start before your waters break

8 Brackton Hicks are described as painless contractions but you do feel your uterus go hard and they can be uncomfortable especially if you have had more than one baby.They will usually go away with a warm bath and rest.they often come in the evening after a busy day and you settle down.they often start very rhythmical last for a couple of hours and don’t get any closer.

9 Check colour,watch baby’s movment, check time,put pad on,most important notify caregiver

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