

Amber Freeman  
Amanda Miller

## True Labor Bingo

Mark only the ones that are true labor. If you have four squares in a row, say "I AM IN LABOR"!

|   |  |   |   |
|---|--|---|---|
|  | <b>Irregular, don't get stronger or closer</b>                                     | <b>Starts in lower back and moves to abdomen</b>                                    | <b>Regular, get stronger and closer together</b>                                      |
| <b>Contractions vary in length &amp; timing</b>                                   |  | <b>Usually felt in front of abdomen</b>   | <b>Causes cervical dilation &amp; effacement</b>                                      |
| <b>Pain fades away</b>  | <b>No change in cervix</b>   |  | <b>Pain intensifies over time</b>   |
| <b>Doesn't go away with rest or movement</b>                                      | <b>Contractions (30-70 sec) consistent &amp; predictable</b>                       | <b>Goes away with rest, hydration, or movement</b>                                  |  |

## Call List

---

1. **Contractions vary in length & timing**
2. **Contractions (30-70 sec) consistent & predictable**
3. **Causes cervical dilation & effacement**
4. **Pain intensifies over time**
5. **Irregular, don't get stronger or closer**
6. **Goes away with rest, hydration, or movement**
7. **Usually felt in front of abdomen**
8. **Starts in lower back and moves to abdomen**
9. **Doesn't go away with rest or movement**
10. **No change in cervix**
11. **Pain fades away**
12. **Regular, get stronger and closer together**