

# THE 4-1-1 RULE



## "Is it time?" Important info for timing contractions

### HOW ARE CONTRACTIONS TIMED?

Contractions are timed from the **start** of one contraction to the **start** of the next contraction. This is how often the contractions are coming. *True contractions progress. They become longer, stronger and closer together.*

### WHEN IS IT TIME?

When contractions are **4 minutes** apart, lasting **1 minute** (or longer), for **1 hour** or more, **AND** they are intense enough that you have to pause and breathe through them - **IT'S TIME** to call your Midwife! Your Midwife will make a plan with you when you call.

*\*Refer to the document "When to Page your Midwife" for other reasons you should consider paging.*

