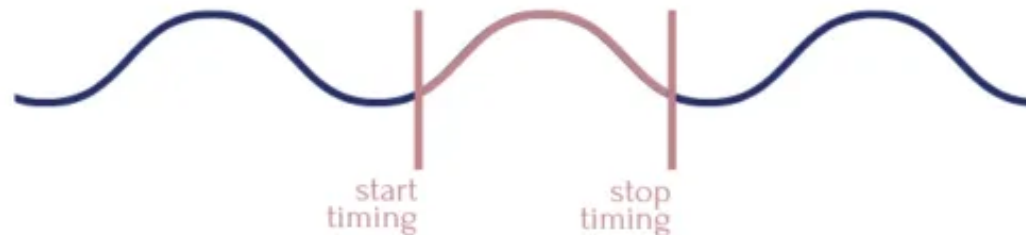# How to Time Contractions

HOW LONG ARE THEY? (LENGTH / DURATION)

from <u>beginning</u> to <u>end</u> of each individual contraction

start timing

stop timing

HOW FAR APART ARE THEY? (FREQUENCY / INTERVAL)

from the <u>beginning</u> of one contraction to the <u>beginning</u> of the next contraction

start timing

stop timing

Omaha
BIRTH & BABIES