TIMING CONTRACTIONS

Remember, when timing contractions, always time them from the beginning of one contraction to the beginning of the next contraction. This will determine the frequency or how far apart your contractions are. To determine the duration of each one or how long each contraction is lasting, time from the beginning of the contraction to the end of that contraction. **NOTE**: It is NOT necessary to continuously time contractions – just occasionally!

Here is a chart, which demonstrates timing contractions:

STARTING TIME	ENDING TIME	DURATION	FREQUENCY
10:00:00	10:00:45	45 seconds	
10:10:00	10:10:50	50 seconds	10 minutes
10:21:00	10:21:45	45 seconds	11 minutes

STARTING TIME	ENDING TIME	DURATION	FREQUENCY

STARTING TIME	ENDING TIME	DURATION	FREQUENCY