

SIMPLEST™
**Contraction Tracking
Chart**

Our free tracker make it easy to keep track of your contractions.

SIMPLEST™

Contraction Tracker

How it works

Timing your contractions

You time contractions by noting the time when:

- A contraction starts.
- A contraction stops.
- The next contraction starts.

Your doctor may ask you about the:

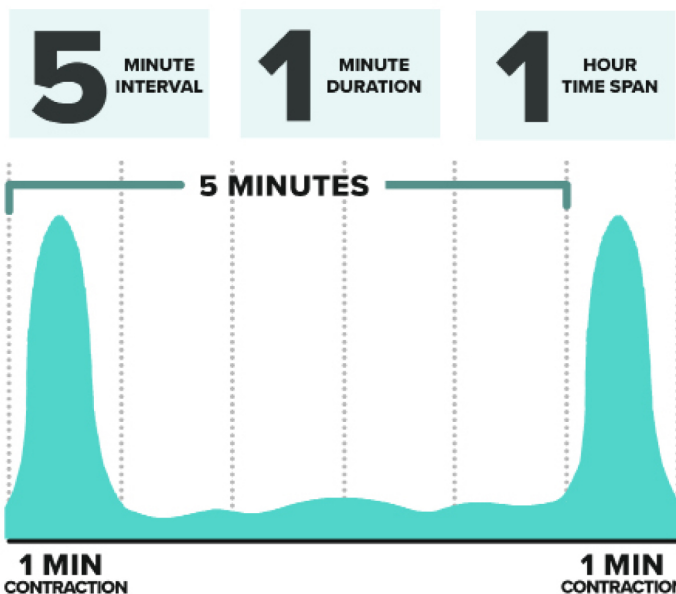
DURATION (the length of each contraction)

FREQUENCY (how far apart the contractions are)

Generally, your health-care providers want you to track your contractions for an hour or more.

This will help give them an indication of how far along you are in your labor and if it's time to head to the hospital.

YOU'LL GET THE ANSWERS TO THESE QUESTIONS BY USING THE BELOW.



5-1-1 RULE

- Contractions are five minutes apart.
- Each contraction lasts about one minute.
- Contractions have been tracked one hour.

$\frac{\text{CONTRACTION START TIME}}{\text{CONTRACTION STOP TIME}}$

= **DURATION** OF CONTRACTION

$\frac{\text{START TIME OF ONE CONTRACTION}}{\text{START TIME OF THE NEXT CONTRACTION}}$

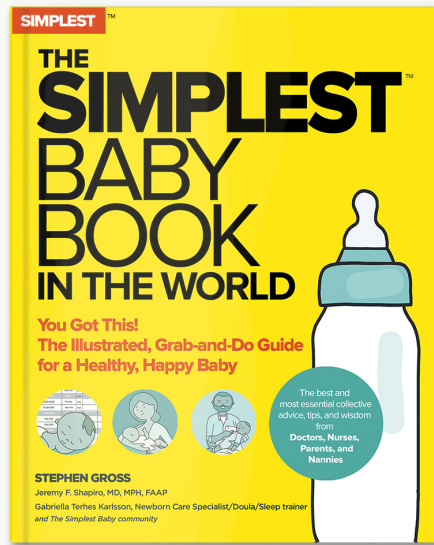
= **FREQUENCY** OF CONTRACTIONS

FREQUENCY OF CONTRACTIONS

= HOW LONG HAVE YOU BEEN FEELING THEM?

The new must-have parent resource!

Honestly, having a baby can be complex and stressful. *The Simplest Baby Book* makes bringing up baby easier, reduces the stress, and helps you gain the confidence to raise a healthy, happy baby, so you can spend more time enjoying what is one of the most magical experiences of your life.



Baby's first year,
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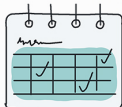
BABY BASICS MADE EASIER

All the first-year baby basics distilled to their essentials make finding solutions to common baby issues quick and simple.



INSTANT KNOW-HOW

Clear explanations and practical steps provide the fundamentals for all key baby-care practices.



THE MUST-HAVE LISTS

Every chapter starts with the essential list of products, providing a handy checklist for everything you will need for preparing the nursery, breastfeeding, bathing, sleeping, feeding, safety, traveling, and more.



BEST OF THE BEST FROM THE EXPERTS

Helpful advice and recommendations from doctors, nurses, and baby-care experts that help make life just a little easier.



DADDY HACKS

Dad's simple work-arounds and shortcuts for everyday baby issues.