

True Labor versus False Labor

True Labor

False Labor

Contractions become stronger, last longer, and come closer together as labor progresses.

Contractions stay the same or diminish in intensity.

Cervical dilation progresses from 1 cm to 10 cm.

There is no cervical dilation.

Uterus hardens over entire surface.

Only a portion of the uterus hardens

Change in mother's activity level does not affect the progress.

Relaxing and decreasing activity level slows down the progress.

Walking tends to make the contractions stronger.

Walking tends to space contractions out.

