

3 STAGES OF LABOR



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<div>1</div> <div>STAGE ONE</div>	EARLY LABOR <ul style="list-style-type: none"> • Duration will last about 8-12+ hours • Your cervix will efface and dilate to 6cm • Contractions will last about 30-60 seconds, giving you 5-30 minutes of rest in between contractions • Contractions are typically mild, somewhat irregular • Your water may break (this can happen any time within the first stage) 	DILATION 0-6CM <ul style="list-style-type: none"> • 1 cm = a cheerio • 2 cm = a small grape • 3 cm = a quarter • 4 cm = a small cookie • 5 cm = a mandarin orange • 6 cm = top of a soda can 	WHAT TO DO: <ul style="list-style-type: none"> • Stay calm & get some rest! • Keep yourself occupied • Drink plenty of electrolytes • Eat small snacks
	ACTIVE LABOR <ul style="list-style-type: none"> • Duration will last about 4-6+ hours • Your cervix will dilate from 6cm to 8cm • Contractions during this phase will last about 45-60 seconds with 3-5 minutes rest in between • Contractions will feel stronger and longer 	DILATION 6-8CM <ul style="list-style-type: none"> • 6 cm = top of a soda can • 7 cm = a tomato • 8 cm = an apple 	WHAT TO DO: <ul style="list-style-type: none"> • Time your contractions • Notify birth team as you get to the 5-1-1 pattern • Try different breathing & relaxation exercises • Continue to stay hydrated
	TRANSITION <ul style="list-style-type: none"> • Duration will last about 30 min-2 hrs • Your cervix will dilate from 8cm to 10cm • Contractions during this phase will last about 60-90 seconds with a 30 second-2 minute rest in between • Contractions are long, strong, intense, and may overlap 	DILATION 8-10CM <ul style="list-style-type: none"> • 8 cm = an apple • 9 cm = a donut • 10 cm = a large bagel 	WHAT TO DO: <ul style="list-style-type: none"> • Think "one contraction at a time." • When you feel an urge to push, wait until you are instructed to • Forget that this is the hardest phase and remember that it is the shortest.
<div>2</div> <div>STAGE TWO</div>	PUSHING + BIRTH <ul style="list-style-type: none"> • The entire process of the second stage lasts anywhere from 20 minutes to 2 hours • Contractions will last about 45-90 seconds with a 3-5 minute rest in between • You will have a strong natural urge to push • You will feel strong pressure at your rectum • Your baby's head will eventually crown (become visible) • You will feel a burning, stinging sensation during crowning 	DILATION 10CM-BIRTH <ul style="list-style-type: none"> • 10 cm = a large bagel 	WHAT TO DO: <ul style="list-style-type: none"> • Get into a pushing position • Push when you feel the urge, unless told otherwise • Relax your pelvic floor and anal area • Rest between contractions so you can regain your strength • Use all your energy to push
<div>3</div> <div>STAGE THREE</div>	DELIVERY OF PLACENTA <ul style="list-style-type: none"> • Duration will last minutes-1 hour after birth • After the delivery of your baby, your healthcare provider will be waiting for small contractions to begin again. This is the signal that your placenta is separating from the uterine wall and ready to be delivered. • You may experience some severe shaking and shivering after your placenta is delivered. This is common and nothing to be alarmed about. 	CORD IS DONE PULSING <ul style="list-style-type: none"> • A woman's body grows an entirely new and separate organ with the placenta. Once the baby is born, the placenta no longer has a function, so her body must expel it. 	WHAT TO DO: <ul style="list-style-type: none"> • Nurse baby to encourage contractions and minimize bleeding