
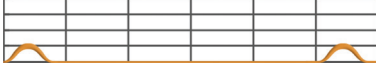



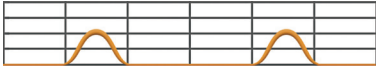



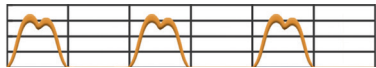



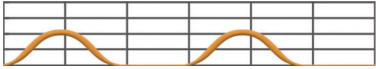






Stages Of Labor Summary Chart

Stage	Length <small>*The bars below represent a 24-hour labor</small>	Contractions	Dilation	Emotions	Tips
1st Stage Early Labor	0 24  6-12+ hours (could last a day or more)	 30-45 seconds each 5-30 minutes apart	 0-6 cm	 Excited, anxious	Stay at home, rest, take a short walk, or do light activities.
1st Stage Active Labor	0 24  3-5 hours	 45-60 seconds each 3-5 minutes apart	 6-8 cm	 More serious, focused	Use different positions, breathing exercises, and relaxation techniques.
1st Stage Transition	0 24  30 minutes-2 hours	 60-90 seconds each 1-3 minutes apart	 8-10 cm	 Frustrated, dependent	You may feel nauseous or shaky. Support people need to provide focus.
2nd Stage Pushing & Birth	0 24  20 minutes-3 hours or more	 60-90 seconds each 3-5 minutes apart	 10 cm	 Relieved, energized	Use different positions to push. Support people can provide encouragement.
3rd & 4th Stages Placenta & Recovery	0 24  First few hours after birth	Weak, infrequent contractions help deliver the placenta and start the process of involution (shrinking of the uterus)	The cervix closes in the days after birth.	 Happy, bonding	Hold your baby skin to skin for at least an hour right after birth.



Quiz

1. **Braxton Hicks contractions** _____
 - A. Are regular, last longer than 30 seconds, and get stronger
 - B. Are warm-up contractions
 - C. Will sometimes stop if you empty your bladder, lie down, or drink water
 - D. B & C

2. **Which signs tell you that labor has definitely begun?**
 - A. When the mucous plug falls out
 - B. When you have an intense urge to prepare your home for your baby
 - C. When your baby drops deeper into the pelvis
 - D. None of the above

3. **What should you be aware of when your water breaks?**
 - A. Color, odor, amount, time
 - B. Nothing, just call your doctor
 - C. Call, order, aches, temperature
 - D. Getting yourself to the hospital as quickly as possible

4. **The 2nd stage of labor is when you:**
 - A. Deliver the placenta
 - B. Push
 - C. Give birth
 - D. Both B & C

5. **The 3rd stage of labor is when:**
 - A. Your baby is born
 - B. You deliver the placenta
 - C. You are pushing
 - D. None of the above

How do you know if you're in labor?

Warm-Up Contractions:

- Tighten portions of the uterus
- Don't usually cause back pressure
- Ease up over time
- Lose intensity over time
- Have no regular pattern
- May stop when you change your activity by resting, walking, or taking a warm bath
- Do not cause the cervix to change

True Labor Contractions:

- Eventually tighten the entire uterus
- Usually cause pressure on the lower back and/or lower belly
- Last longer over time
- Become stronger over time
- Grow closer together
- Do not stop when you change your activity, and walking may make them stronger
- Cause the cervix to thin and open

When should you go to the hospital?

It's likely that you won't need to go to the hospital until your contractions are **5** minutes apart, last **1** minute each, and continue in this pattern for **1** hour. Use 511 as a general guide, but always follow your healthcare provider's instructions.