

Stages of Labour

Stage of Labour	What you might feel/experience	What you can do
Late Pregnancy/Pre-Labour <ul style="list-style-type: none"> Practice contractions and cramping. Possible dilation and effacement happening 	<ul style="list-style-type: none"> Tired of pregnancy Nesting urges Restlessness Increased Braxton Hicks Contractions Loss of mucous plug 	<ul style="list-style-type: none"> Keep rested Cook extra meals and freeze them Organize birth supplies
First Stage: Early Labour <ul style="list-style-type: none"> Dilation 0-4cm Contractions irregular in frequency, length and intensity 	<ul style="list-style-type: none"> Increased vaginal discharge Diarrhea Cramping or tightening Bloody show or loss of mucous plug Irregular contractions Ruptured membranes (can happen at any time throughout the process) 	<ul style="list-style-type: none"> REST - Taking Gravol is safe for mom and baby and can help a woman rest (dose: 2x50mg every 6-8 hours) Eat and Drink Empty your bladder Have a bath or shower Get things ready Call your midwife (if daytime) to give her an update
First Stage: Active Labour <ul style="list-style-type: none"> Dilation 4-8 cm Contractions 3-5 mins apart, lasting 60-70 secs 	<ul style="list-style-type: none"> Intense frequent contractions Increased need for support Need to concentrate on contractions Increased bloody show Scared 	<ul style="list-style-type: none"> Vary positions, alternating between rest and activity Have a bath or shower Empty your bladder frequently Stay in the moment Page your midwife
Transition: <ul style="list-style-type: none"> Dilation 8-10 cm Contractions 2-3mins apart or less, lasting 60-70 secs 	<ul style="list-style-type: none"> Fear that you can't go on Increased need for emotional support Increased rectal pressure Shaky, cold, hot, nausea, vomiting Increased bloody show 	<ul style="list-style-type: none"> Change positions frequently Stay in the moment Remember that your contractions are strong because the baby is coming, and that you will make it through
Second Stage: <ul style="list-style-type: none"> Contractions 2-5 mins apart, lasting 60-70 secs Pushing 10 mins-3 hours 	<ul style="list-style-type: none"> Pressure in rectum and perineum Urge to push Stretching or burning sensation The baby's head moving down 	<ul style="list-style-type: none"> Position changes can help with descent of the baby's head Listen to your midwife's directions for pushing Try to relax your perineum and bum
Third Stage: <ul style="list-style-type: none"> Birth of Placenta 	<ul style="list-style-type: none"> Contractions (many women are so busy with their new baby that they don't feel contractions) 	<ul style="list-style-type: none"> Follow your midwife's directions for when to push, to aid in the birth of the placenta.