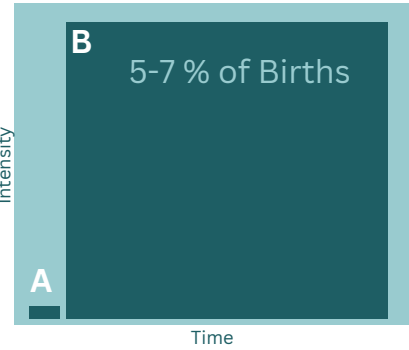
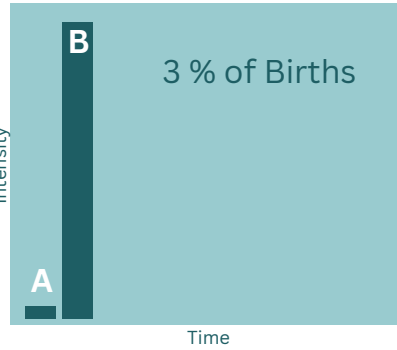
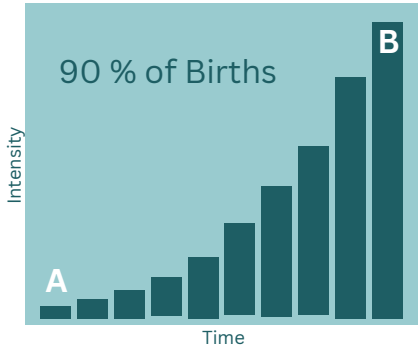




# Stages of Labor

## *Visualizing Your Birth*



	1st Stage Cervix thins and opens			2nd Stage	3rd Stage	4th Stage
Stage	Early Labor	Active Labor	Transition	Pushing & Birth	Deliver Placenta	Golden Hour
Length	6-12+ hrs	3-5+ hrs	30 min - 2+ hrs	20 min - 4+ hrs	5 - 60 min	60+ min
Mental State	Excited Nervous Talkative	Inward Focused Can't Talk	Frustrated Exhausted Want to Give Up	Recharged Alert Aware	Relieved Tired	Relieved Baby Bliss Fatigue
Dilation	0-6 CM	6-8 CM	8-10 CM	10 CM	Repairs if Necessary	
Contractions	Every 5-20 min Lasting 30-60 sec	Every 3-5 min Lasting 60 sec	Every 2-3 min Lasting 60-90 sec	May space out to every 5 min	Stimulated by nursing	More painful with more children



# Stages of Labor

## Visualizing Your Birth

STAGE ONE	EARLY LABOR	<b>DILATION:</b> 0-6 cm <b>CONTRACTIONS:</b> Every 5-20 min Lasting 30-60 sec <b>LENGTH:</b> 12+ hrs	<b>What You Can Do</b> REST! Drink water, eat foods that promote energy and nutrition. Notify doula. Do not worry about timing contractions; avoid your <i>thinking</i> brain, and be in your <i>feeling</i> brain. Take a nap, shower, be intimate. <b>Key Positions for a baby at the Inlet:</b> Glute Scoot, Standing Psoas Release, Mountain Pose, Lift and Tuck, Hands and Knees, Flying Cowgirl
	ACTIVE LABOR	<b>DILATION:</b> 6-8 cm <b>CONTRACTIONS:</b> Every 3-5 min Lasting 45-60+ sec <b>LENGTH:</b> 3-5+ hrs	<b>What You Can Do</b> Keep your Doula in the loop as things become intense. Be in tune with your body and in touch with your baby. Go to birth location near the 4-1-1 pattern. Focus on breathing. <b>Key Positions for a baby at the Mid Pelvis:</b> 3D Breathing, Hands and Knees with arms elevated, Asymmetrical Movements, Exaggerated Side Lying, Toilet, Birth Ball, Counter Pressure, Side Lunges, Movement!
	TRANSITION	<b>DILATION:</b> 8-10 cm <b>CONTRACTIONS:</b> Every 2-3 min Lasting 60-90 sec <b>LENGTH:</b> 30 min-2+ hrs	<b>What You Can Do</b> One wave at a time, focus on breathing, and allow yourself to become vocal with low, guttural sounds. Relax your jaw and shoulders. Horse Lips. Invite the contraction in. Invite the pressure in your rectum, you are almost there! <b>Key Positions for a baby at the Outlet:</b> Hands and Knees, Tuck and Untuck, Standing Psoas Release, Mountain Pose, Internal Hip Rotation (Ankles Out)
STAGE TWO	PUSHING	<b>DILATION:</b> 10 cm <b>CONTRACTIONS:</b> Every 3-5 min Lasting 45-90 sec <b>LENGTH:</b> 0-4 hrs	<b>What You Can Do</b> Breathe through the contractions allowing your body to push. Push on the exhale. Rest between the waves. Avoid "purple pushing" as it tightens your pelvic floor, while adding force to it. Knees in and ankles out open the outlet. <b>Key Positions for Pushing:</b> Hands and Knees (with arms elevated), Standing, Squat (with bar or stool for support), Side-Lying
STAGE THREE	PLACENTA	Cord will stop pulsing. Contractions will continue but be less painful. Can last 0-60 min after birth.	<b>What You Can Do</b> Skin-to-skin with your baby! If unable, partner can attempt skin-to-skin or accompany baby at the warmer. The Golden Hour is prime for bonding and finding a latch. <b>Delivery of Placenta and Repair:</b> Placenta will eject within 30 min, after the cord stops pulsing. The provider will assess and repair any natural tears with numbing medicine if preferred.

### Are you planning to encapsulate your placenta?

Encapsulating your placenta is a wonderful option to consider if you want to continue reaping the benefits of all those pregnancy habits! Filled with *your own* vitamins and nutrients, it has shown a decrease in postpartum mood disorders such as anxiety and depression, increased production of oxytocin, a decrease in stress hormones, restoration of iron levels following bleeding after birth, and increased milk supply. If this sounds like something you'd be interested in, let me know right away so that we can plan ahead!