



Stages of Labor & Coping Tips

Early Labor

May last 12 hours or more

0-6 cm
Contraction Pattern:
Every 5-20 minutes
Lasting 30-60 seconds

- Change positions often, walk, bounce on birthing ball.
- Start breathing and relaxation techniques. (Soothing music, aromatherapy, gentle massage, roll tennis ball on back)
- Soak in a warm tub or take a warm shower if able.
- Rest and sleep
- Drink fluids and eat.
- You may have blood stained mucous (bloody show), low back pain, period like pains, loose bowel movements, sudden gush or a slow leak of fluid from the vagina. The waters should be clear or slightly pink.
- Get yourself packed and ready for the hospital.

Active Labor

May last 4-8 hours or more

6-8 cm
Contraction Pattern:
Every 3-5 minutes
Lasting 45-60+ seconds

- Call the doctor if your water breaks, you experience any bleeding or bright red discharge (not brown or pinkish), or if you experience blurred or double vision, a severe headache or sudden swelling, or if you're worried about anything.
- Go to the hospital following 5-1-1 rule: Contractions happen at least every 5 minutes, last for 1 minute each, and have been consistent for at least 1 hour.
- The hospital will get you in a gown, take vitals, start fetal monitoring, do a cervical exam, start an IV, get pain medications on board (if requested), and place a catheter.

Transition

May last 15 minutes to an hour

8-10 cm
Contraction Pattern:
Every 2-3 minutes
Lasting 60 seconds

- Try changing your position often.
- Empty your bladder often to make more room for the baby's head in your pelvis.
- Continue breathing and relaxation techniques.
- You may feel the urge to push, but don't until your doctor tells you to. Your cervix will need to be dilated to 10 first.

Pushing & Birth

May last a few minutes to 1-2 hours

10 cm
Contraction Pattern:
Every 2-5 minutes
Lasting 60-90 seconds

- Push when your doctor tells you too.
- You'll feel a strong urge to push with your contractions.
- Tips for pushing: With each contraction take a deep breath and hold your breath or exhale at your contraction peaks, bear down as if you are going to have a bowel movement (chin to your chest) and push with all your might. Relax and breath between contractions.
- Baby is born and umbilical cord is clamped in two places and cut when the stump.

Placenta Delivery

May last a few minutes to 20 minutes

Contraction Pattern:
mild contractions that last about a minute each. You may not even notice them.

- It's now time to deliver the placenta.
- If you had any tearing or an episiotomy your doctor will stitch you up at this time.
- You may get chills or tremble.
- Your provider might give you medication to slow bleeding.
- Breast feed as soon as able to promote uterine contractions and decrease bleeding. Skin to skin with baby to increase bonding.
- Your nurse will press and massage your belly every 15 minutes for the first two hours after delivery to ensure your uterus is contracted.

Coping With Birth Control

Rosina Ehmann



Coping With Birth Control:

Coping With Birth Control Book Review: Unveiling the Magic of Language

In an electronic era where connections and knowledge reign supreme, the enchanting power of language has become much more apparent than ever. Its capability to stir emotions, provoke thought, and instigate transformation is really remarkable. This extraordinary book, aptly titled "**Coping With Birth Control**," compiled by a highly acclaimed author, immerses readers in a captivating exploration of the significance of language and its profound impact on our existence. Throughout this critique, we will delve into the book's central themes, evaluate its unique writing style, and assess its overall influence on its readership.

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