
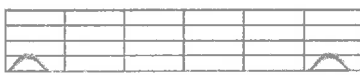







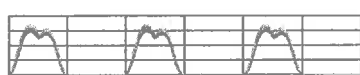



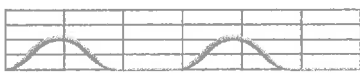






Stages Of Labor Summary Chart

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.