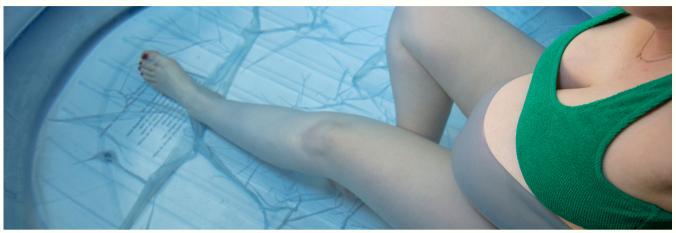


# LABOR & DELIVERY FACT SHEET

### Helpful Information for Parents



## **Phase One: Early Labor**

- 1. Mothers will begin to feel contractions.
- 2. Contraction intervals occur every 5-20 minutes.
- 3. This first wave of contraction intervals can last up to 12 hours.
- 4. Cervix will dilate from 0 to 6CM.

#### **Tips for Parents:**

- If birthing in a hospital or birth center, pack bag essentials for mom & baby.
- Mom should stay hydrated and rest.
- Mom should eat a light and healthy meal.

## **Phase One: Active Labor**

- 1. Mothers will experience contraction intervals every 3-5 minutes.
- 2. These contraction intervals can last up to 6 hours.
- 3. Cervix will dilate from 6 to 8CM.

#### **Tips for Parents:**

- Call your OB/GYN/Midwife/Birth Doula and keep them up to date on your progress. (Healthcare provider may ask you to go in.)
- Mom can walk or perform light duties.
- Rest is recommended.



# LABOR & DELIVERY FACT SHEET

### Helpful Information for Parents



## **Phase One: Transition Stage**

- 1. Contractions intervals occur every 2-3 minutes.
- 2. These contraction intervals can last a few minutes to several hours.
- 3. Cervix will dilate from 8CM to 10CM.

#### **Tips for Parents:**

- Mother should get into a comfortable position and be ready for her baby to descend.
- Mother and spouse/partner should practice breathing exercises and get into a rhythm that will allow her to breathe through contractions.

# Phase Two: Birthing Stage

- 1. Contraction intervals occur every 3-5 minutes.
- 2. These contraction intervals can last a few minutes & up to 2 hours.
- 3. Cervix will dilate to 10CM and baby will begin to descend.

#### Tips for Parents:

- Mother should breathe through contractions and push when she feels she needs to.
- When the contraction stops, mom should pause and breathe until necessary to push.



# LABOR & DELIVERY FACT SHEET

### Helpful Information for Parents



## Phase Three: Birth of Placenta

- 1. Baby is born.
- 2. Mother will feel cramping and feel her placenta descend.
- 3. Placenta is usually born within minutes after birth or can take as long as 3-4 hours after birth.

#### Tips for Parents:

- Mother should begin to breastfeed baby to help encourage placenta to be born.
- Breastfeeding your baby will help reduce hemorrhaging.
- Mother should be in a comfortable position to nurse baby and allow placenta to be born.

# Still have questions? Contact us!

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