



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.



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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.
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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.



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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!

www.letosmaternityisle.com

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