

THE FIRST BREATH

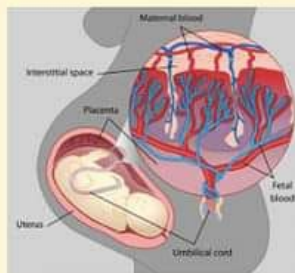
A Newborn's Transition from Intrauterine to Extrauterine life

1 PREGNANCY

Preparation for life outside the uterus!

Maternal/Fetal factors may impact respiratory function at birth:

- Lifestyle, Nutrition, Smoking
- Medical conditions - Diabetes, Hypertension
- Small for Gestational Age
- Preterm Labour



2 ONSET OF LABOUR

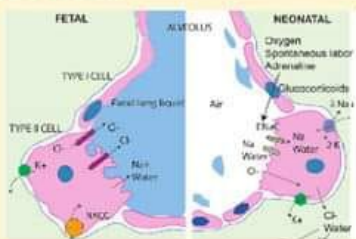
Spontaneous vs. Induction of Labour

Research has shown that the fetus initiates a series of physiological interactions which initiate labour, signalling the fetus's readiness for birth

3 FIRST STAGE OF LABOUR

Labour prepares the fetal lungs for birth

Clearance of fetal lung fluid through transepithelial sodium reabsorption occurs during labour contractions



4 SECOND STAGE OF LABOUR

Expulsion of fluid from the upper airways during compression through the birth canal

Ambient temperature
25 - 28 °C!

5 BIRTH

The First Golden Hour

Optimal cord clamping
Warm, quiet, dim Environment
Skin-to-Skin
Breastfeeding

