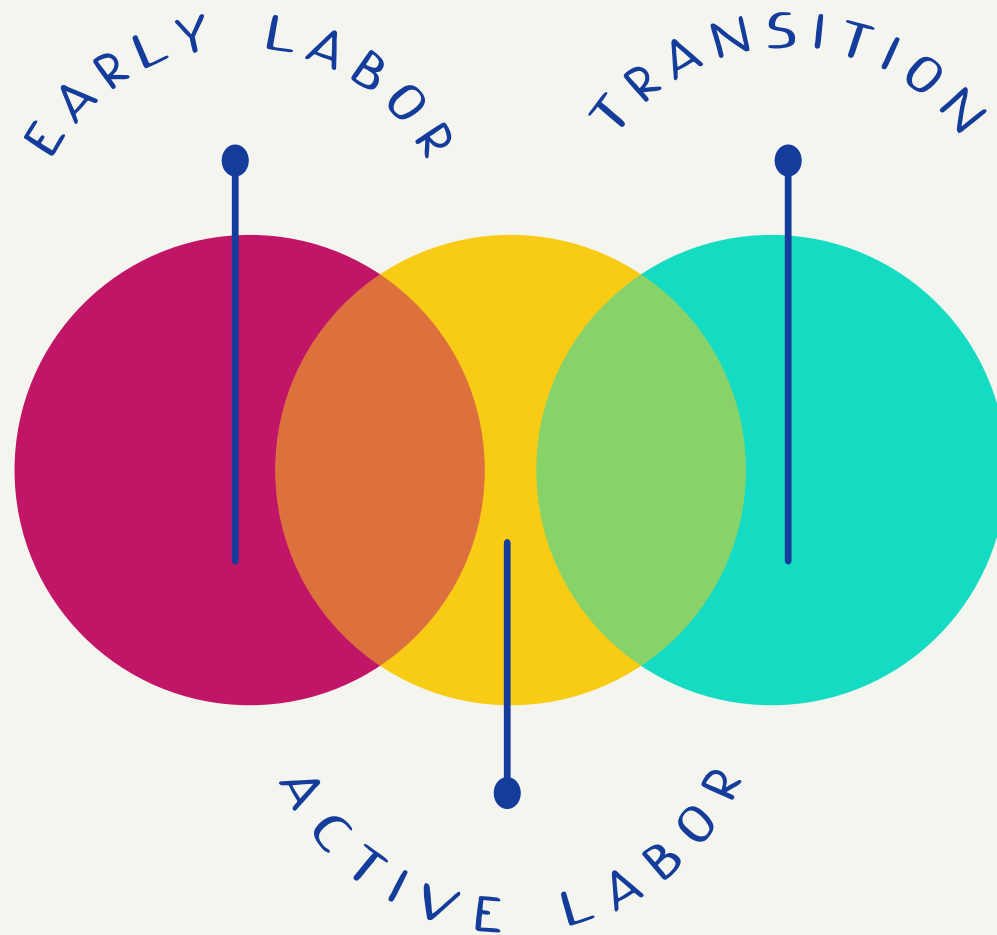


Stage 1 of Labor



EARLY LABOR

SIGNS



HORMONES CHANGES

- Rise of Estrogen
- Increase of oxytocin receptors in uterine muscles.
- Estrogen also stimulates the release of prostaglandins, producing enzymes that digest collagen in the cervix.
- Endorphins are released to decrease pain.



PHYSICAL

- Blood Show (mucus)
- Regular contractions (20 mins or less)
- They are not 60 seconds long
- Contractions don't have a pattern. May be spaced out.
- Spontaneous rupture of the membranes



EMOTIONS

- Might feel nervous
- Have a boost of energy
- Able to have a conversation
- Might feel eager, it's a process.



ACTIVITIES

- Normal Routine
- Eating top quality
- Plenty of rest
- Sleep
- Drink sufficient fluids
- Surrender to the process and contractions.

ACTIVE LABOR

SIGNS



HORMONES CHANGES

- Endorphins and oxytocin increasing.



PHYSICAL

- 4 to 6 cm dilation
- Feeling intense contractions
- They are t 60 seconds long contractions.
- The contractions have a pattern.
- The time of rest between each one will become shorter
- May vomit



EMOTIONS

- Be focus on the contractions.
- Less talkative
- Might be fighting the contractions
- Want a privacy to surrender to the process.
- Want more support like encouraging words.
- complain of nausea
- May feel irritated and annoyed of the contractions



ACTIVITIES

- Surrender to the process and contractions.
- Rocking with the contractions
- Moaning
- Snack
- Rest between contractions
- Drink sufficient fluids
- Do different positions

TRANSITION

SIGNS



HORMONES CHANGES

- Highest levels of oxytocin.
- Strong surge of adrenaline during transition.



PHYSICAL

- Contractions intensifies
- The labor is at it's peak.
- Feel pressure on the pelvic floor.
- Cervix will be close to full dilation
- Back-to-back contractions
- Adrenaline: rush can include shaking, sweating, and nausea.



EMOTIONS

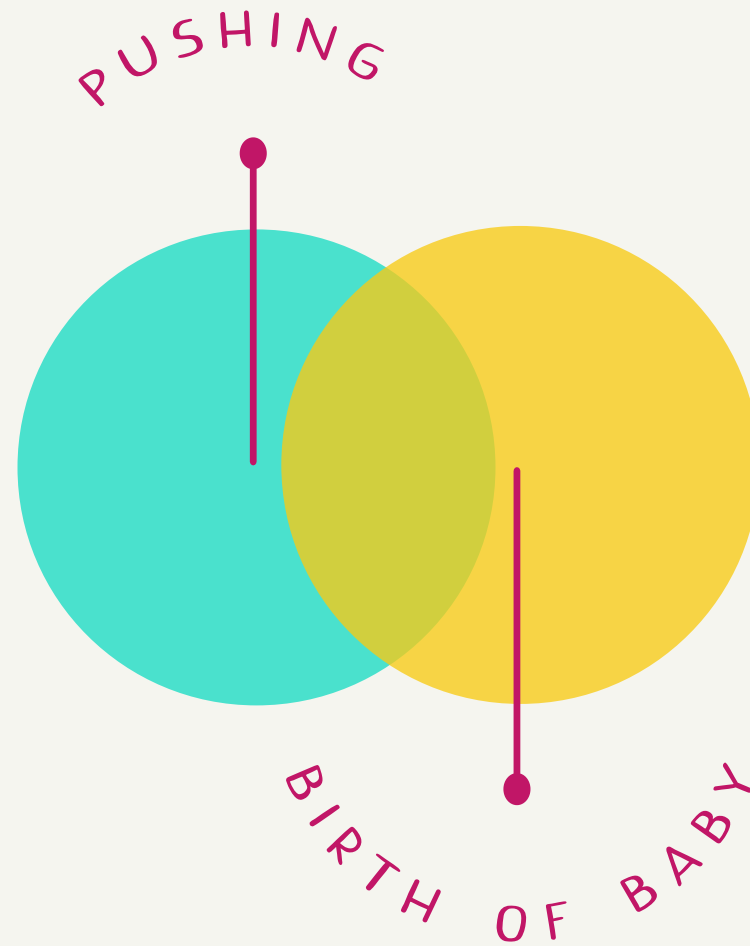
- It feels endless.
- Feeling restless
- May moan, sweat, cry out, or lose focus or control.
- feel helpless and out of control during this phase
- Unsure about how much longer you can be in labor.



ACTIVITIES

- - May feel the sensation to push.
- Breath into the contractions.
- Breathing downward.
- Being on the most comfortable and optimal position to get ready to push.

Stage 2 of Labor



PUSHING

SIGNS



HORMONES CHANGES

- Release of noradrenaline, helps to protect the baby from asphyxia.
- Endorphin levels rise, too, offset the potential negative effect of soaring adrenaline.
- Increase of oxytocin.



PHYSICAL

- Contractions may stop temporarily.
- Fully dilated.
- Baby can now pass through the pelvis
- Twisting his way out of the birth canal



EMOTIONS

- Feeling an urge to begin pushing
- Being louder vocally. Scream or yell.



ACTIVITIES

- Push during contractions and to rest in between.
- Lasts anywhere from 15 minutes to three hours
- Bearing down.

BIRTH OF BABY

SIGNS



HORMONES CHANGES

- Oxytocin increasing to assist with bonding



PHYSICAL

- Baby born
- The contractions stop



EMOTIONS

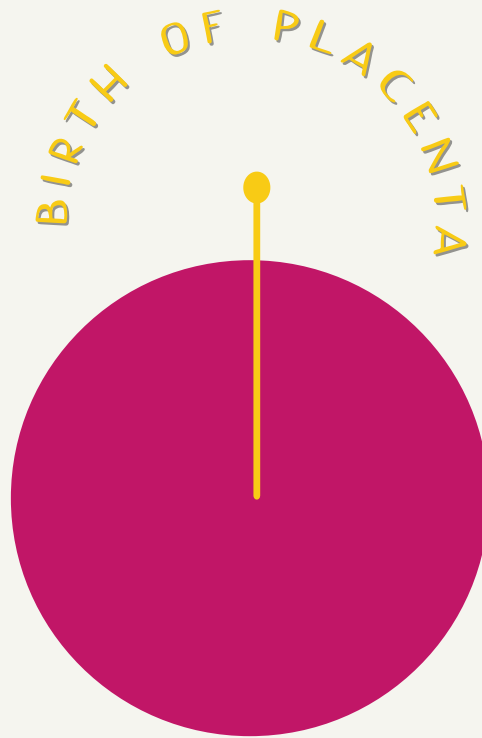
- Feeling relieved
- Might feel in shock that you did it.
- Happy the pain is gone.



ACTIVITIES

- Breathing
- Resting all the muscles.

Stage 3 of Labor



BIRTH of Placenta

