

Stages of Labour

Latent phase:

- Length - Contractions last 20-40 seconds
- Strength - the contractions during this phase are often mild
- Frequency - re-occur every 5-30 minutes, tend to be more irregular
- The cervix dilates from 0-3 cm and becomes soft and thin
- The baby does not tend to significantly descend into your pelvis.

Latent

Active phase:

- Length - Contractions last 40-60 seconds
- Strength - Contractions become more intense and noticeable by the mother
- Frequency - re-occur every 5-7 minutes, tend to become more regular
- The cervix dilates between 4-7 cm and continues to thin
- The baby begins to come lower into your pelvis.

Active

Transition phase:

- Length - Contractions last 60-90 seconds
- Strength - Contractions are often the most intense in this stage
- Frequency - occur every 2-3 minutes
- The cervix dilates from 7cm to fully dilated (10 cm). If waters haven't already been released, they may do so now.
- The transition phase peaks and then cervical dilatation slows down at 9 cm.
- The mother can take some time to rest and summon her strength to move into the second stage of labour. Some mothers can become noticeably distant and withdrawn during this stage, if you have had a baby already, it's likely you that your babies birth may be imminent.

Transition

Vaginal loss:

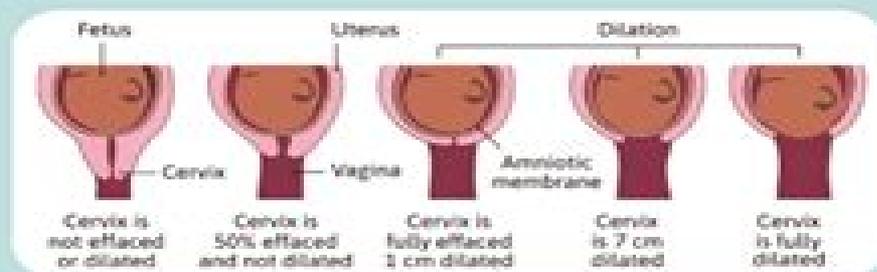
- You should start noticing increase in vaginal discharge
- You are likely to begin to notice a blood stained show
- Your waters may or may not break depending on what stage of labour you are in.



First stage begins with the onset of regular contractions and ends when the cervix is 10 cm (fully dilated).

Full dilation to birth of baby.

From the birth of baby to the birth of the placenta.



If you have any concerns during labour and birth you can speak directly to your maternity care provider

Labour And Birth Guide

JA Banks



Labour And Birth Guide:

The Top Books of the Year Labour And Birth Guide The year 2023 has witnessed a remarkable surge in literary brilliance, with numerous compelling novels enthralling the hearts of readers worldwide. Lets delve into the realm of bestselling books, exploring the captivating narratives that have captivated audiences this year. Labour And Birth Guide : Colleen Hoover "It Ends with Us" This heartfelt tale of love, loss, and resilience has captivated readers with its raw and emotional exploration of domestic abuse. Hoover expertly weaves a story of hope and healing, reminding us that even in the darkest of times, the human spirit can prevail. Uncover the Best : Taylor Jenkins Reids "The Seven Husbands of Evelyn Hugo" This captivating historical fiction novel unravels the life of Evelyn Hugo, a Hollywood icon who defies expectations and societal norms to pursue her dreams. Reids captivating storytelling and compelling characters transport readers to a bygone era, immersing them in a world of glamour, ambition, and self-discovery. Discover the Magic : Delia Owens "Where the Crawdads Sing" This captivating coming-of-age story follows Kya Clark, a young woman who grows up alone in the marshes of North Carolina. Owens weaves a tale of resilience, survival, and the transformative power of nature, entrancing readers with its evocative prose and mesmerizing setting. These bestselling novels represent just a fraction of the literary treasures that have emerged in 2023. Whether you seek tales of romance, adventure, or personal growth, the world of literature offers an abundance of compelling stories waiting to be discovered. The novel begins with Richard Papen, a bright but troubled young man, arriving at Hampden College. Richard is immediately drawn to the group of students who call themselves the Classics Club. The club is led by Henry Winter, a brilliant and charismatic young man. Henry is obsessed with Greek mythology and philosophy, and he quickly draws Richard into his world. The other members of the Classics Club are equally as fascinating. Bunny Corcoran is a wealthy and spoiled young man who is always looking for a good time. Charles Tavis is a quiet and reserved young man who is deeply in love with Henry. Camilla Macaulay is a beautiful and intelligent young woman who is drawn to the power and danger of the Classics Club. The students are all deeply in love with Morrow, and they are willing to do anything to please him. Morrow is a complex and mysterious figure, and he seems to be manipulating the students for his own purposes. As the students become more involved with Morrow, they begin to commit increasingly dangerous acts. The Secret History is a exceptional and suspenseful novel that will keep you wondering until the very end. The novel is a warning tale about the dangers of obsession and the power of evil.

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