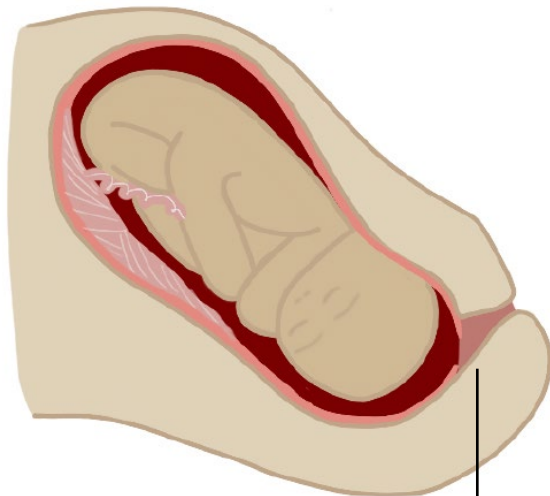


THE STAGES OF LABOUR

Stage 1

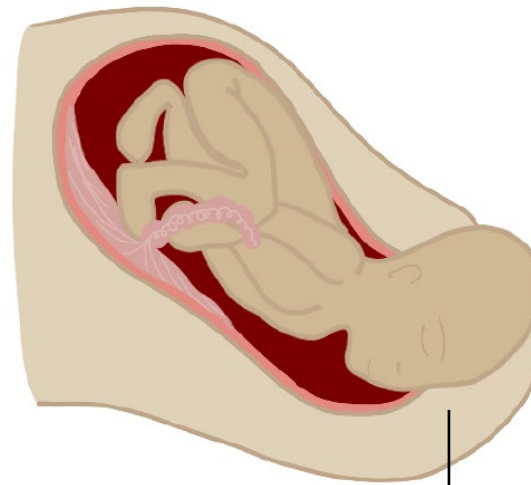
Your cervix opens to 10cm



Dilating Cervix

Stage 2

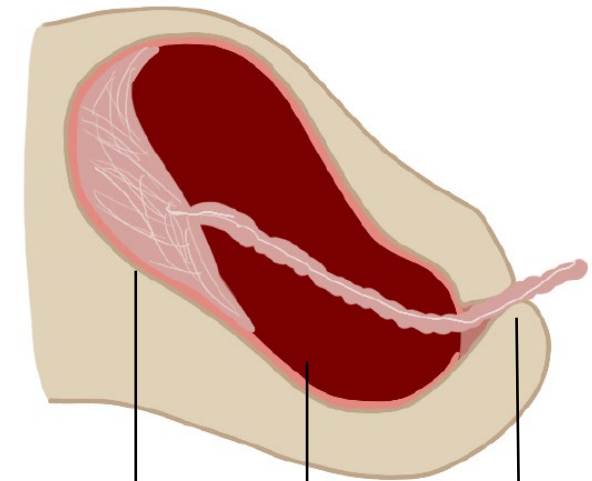
Pushing until baby is delivered



Crowning

Stage 3

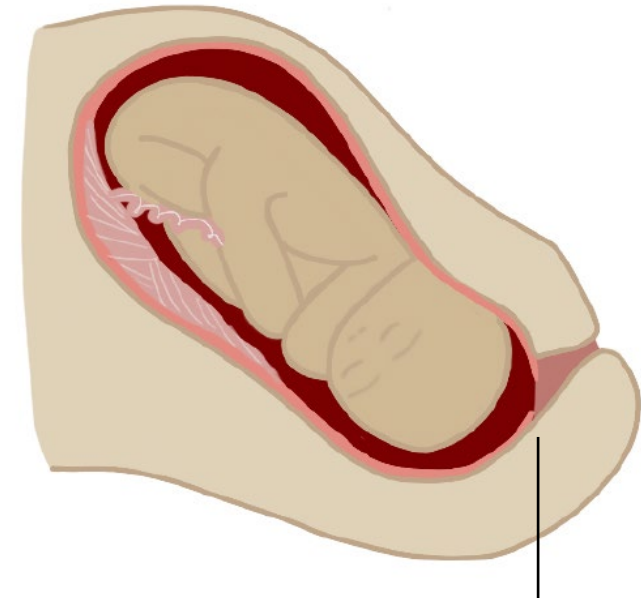
Placenta is delivered



Placenta Uterus Umbilical Cord

STAGE 1: CERVICAL DILATATION

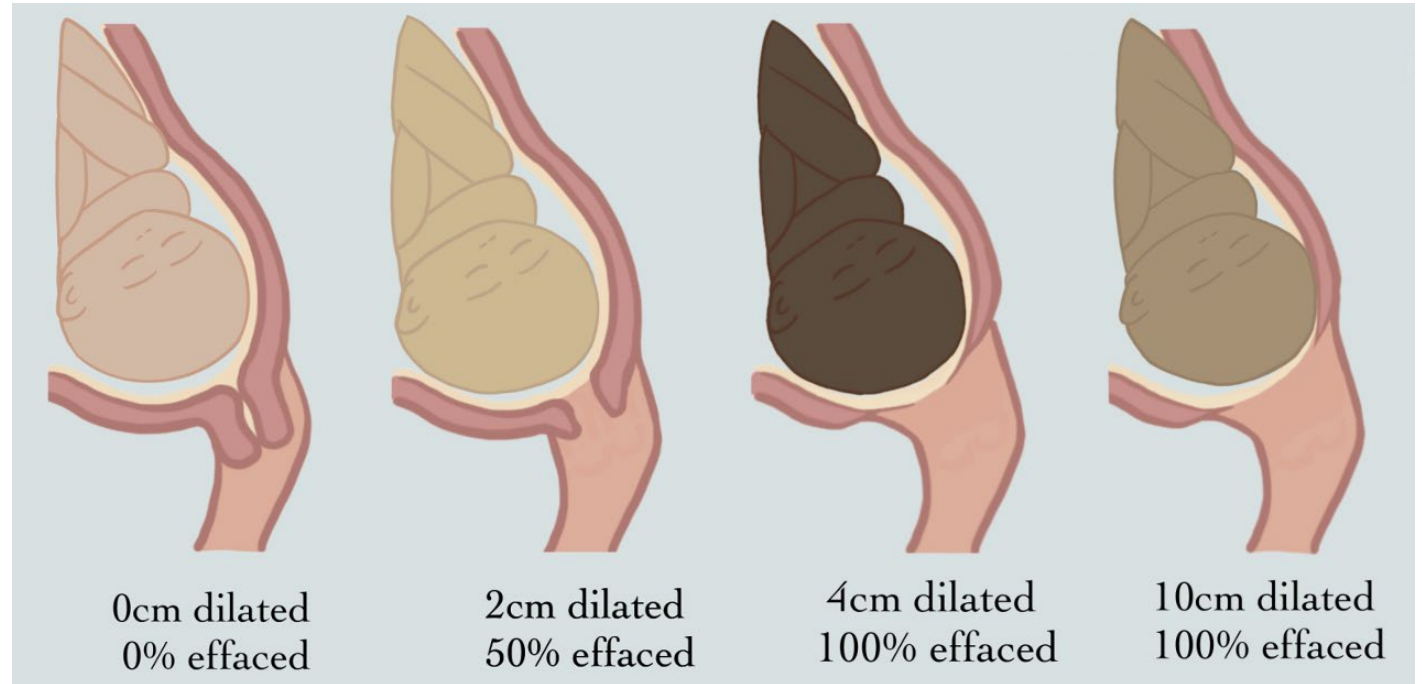
The cervix is the opening to your uterus



Dilating Cervix

During the first stage, the cervix is thinning and opening to ten centimetres

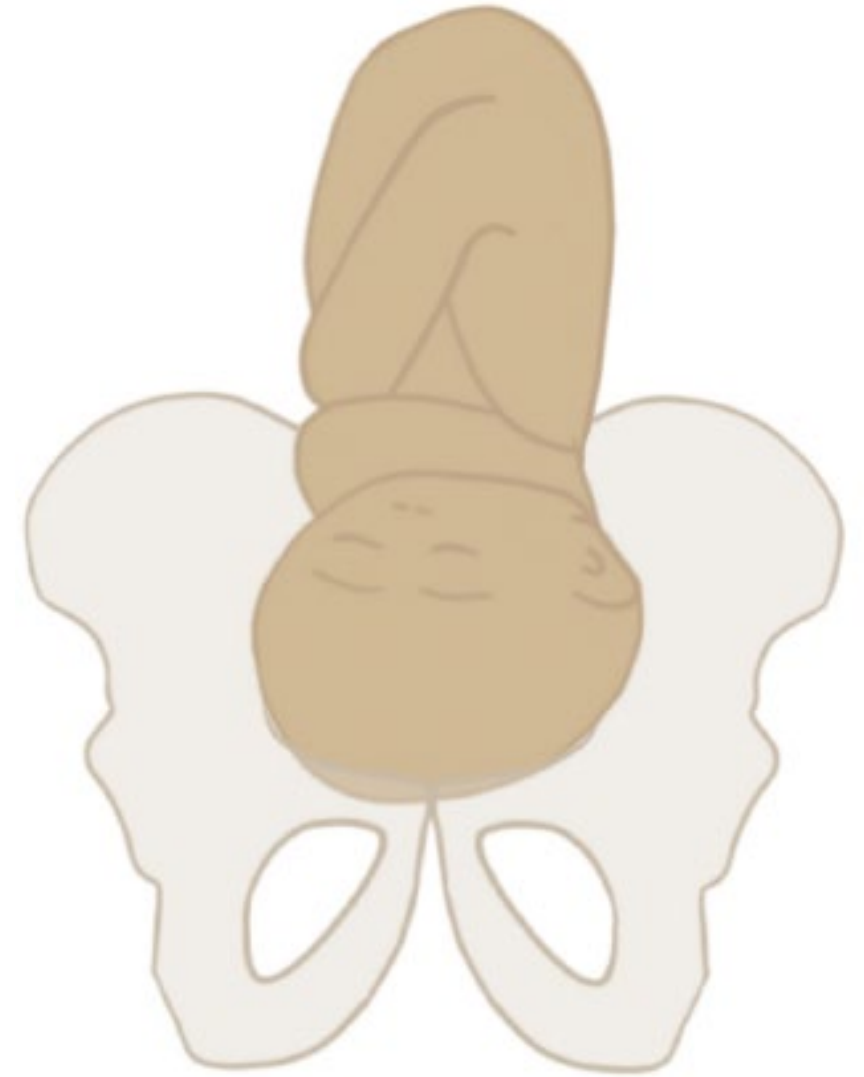
CERVICAL DILATATION



When your cervix is open completely you are fully dilated (10cm)

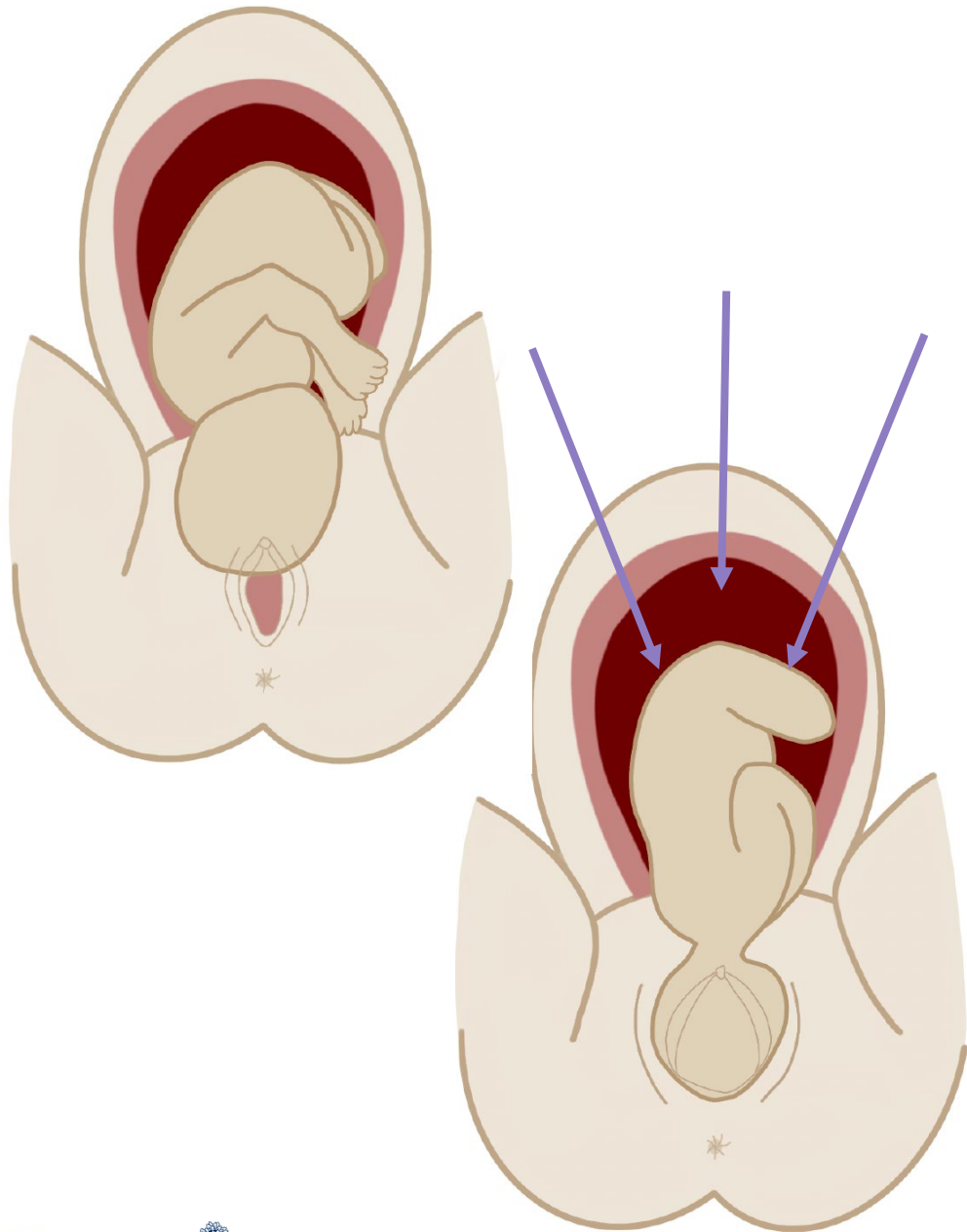
Strong contractions help to open your cervix and bring baby down into the pelvis.

We may recommend medication to assist this process



STAGE 2: DELIVERY OF BABY

Your cervix is fully dilated, and it is time to start pushing and deliver your baby!



CONTRACTIONS AND PUSHING

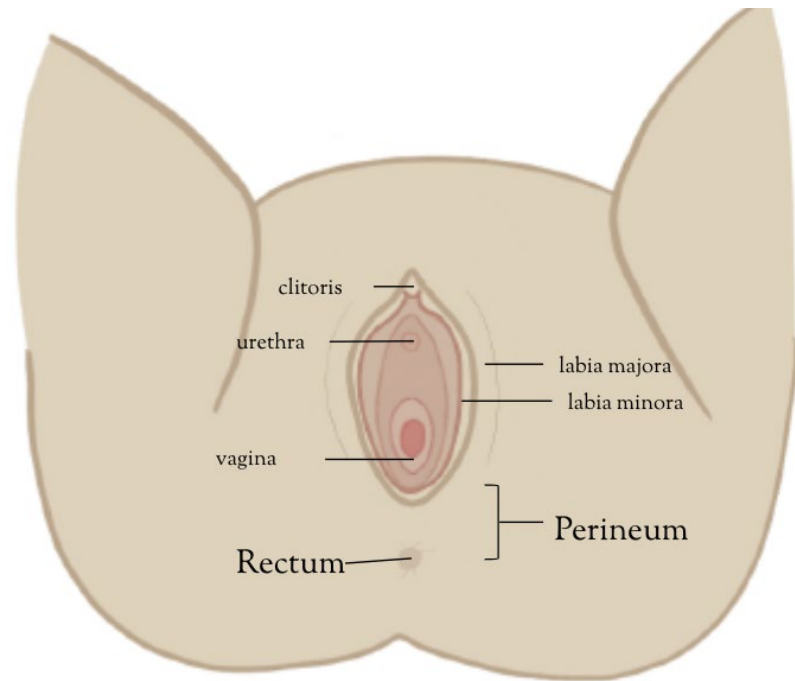
It is important to push during contractions

We will share breathing and positioning techniques to help pushing

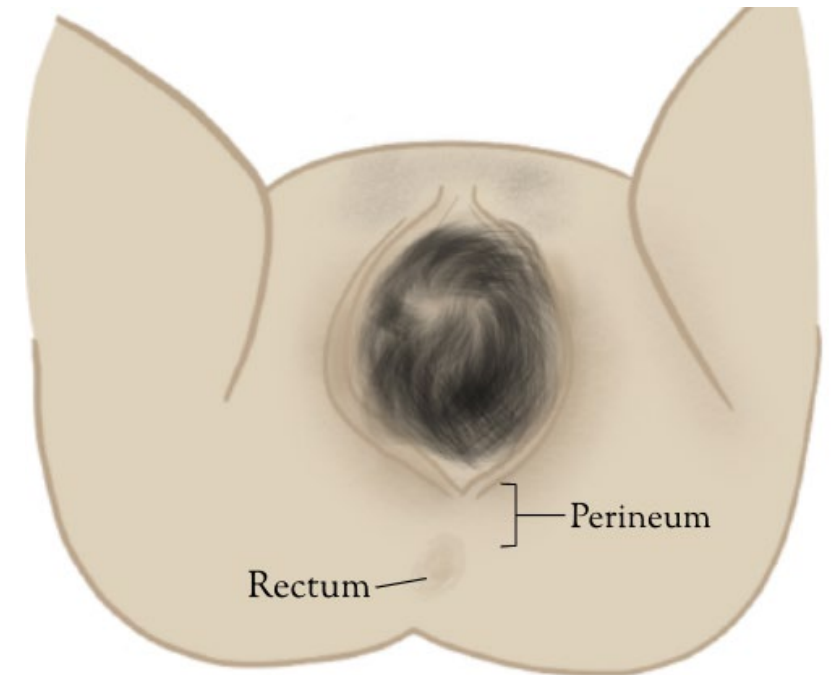
This will move baby lower into the pelvis

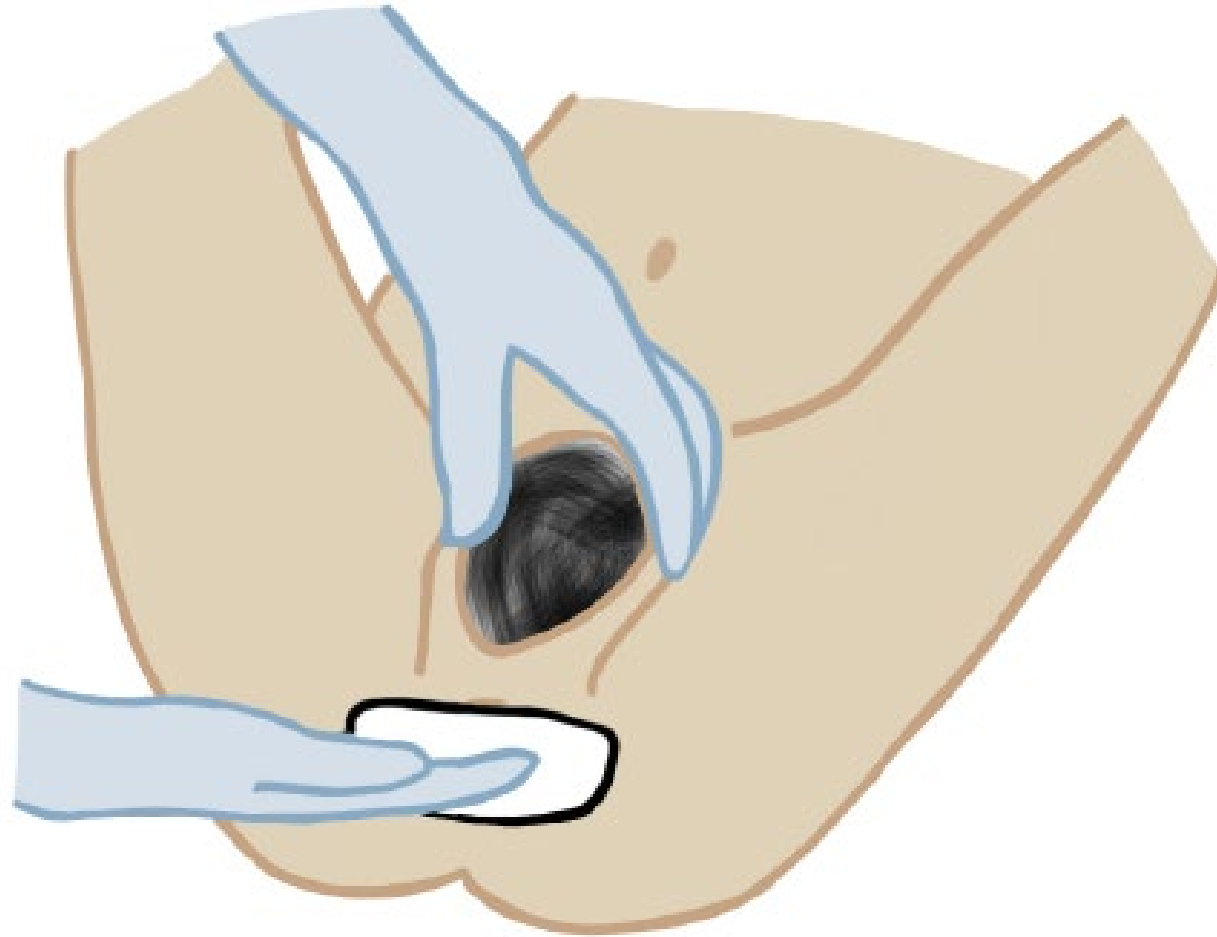


CROWNING



SLOW pushing lets
the perineum stretch
to minimize tearing
and avoid a tear into
the rectum



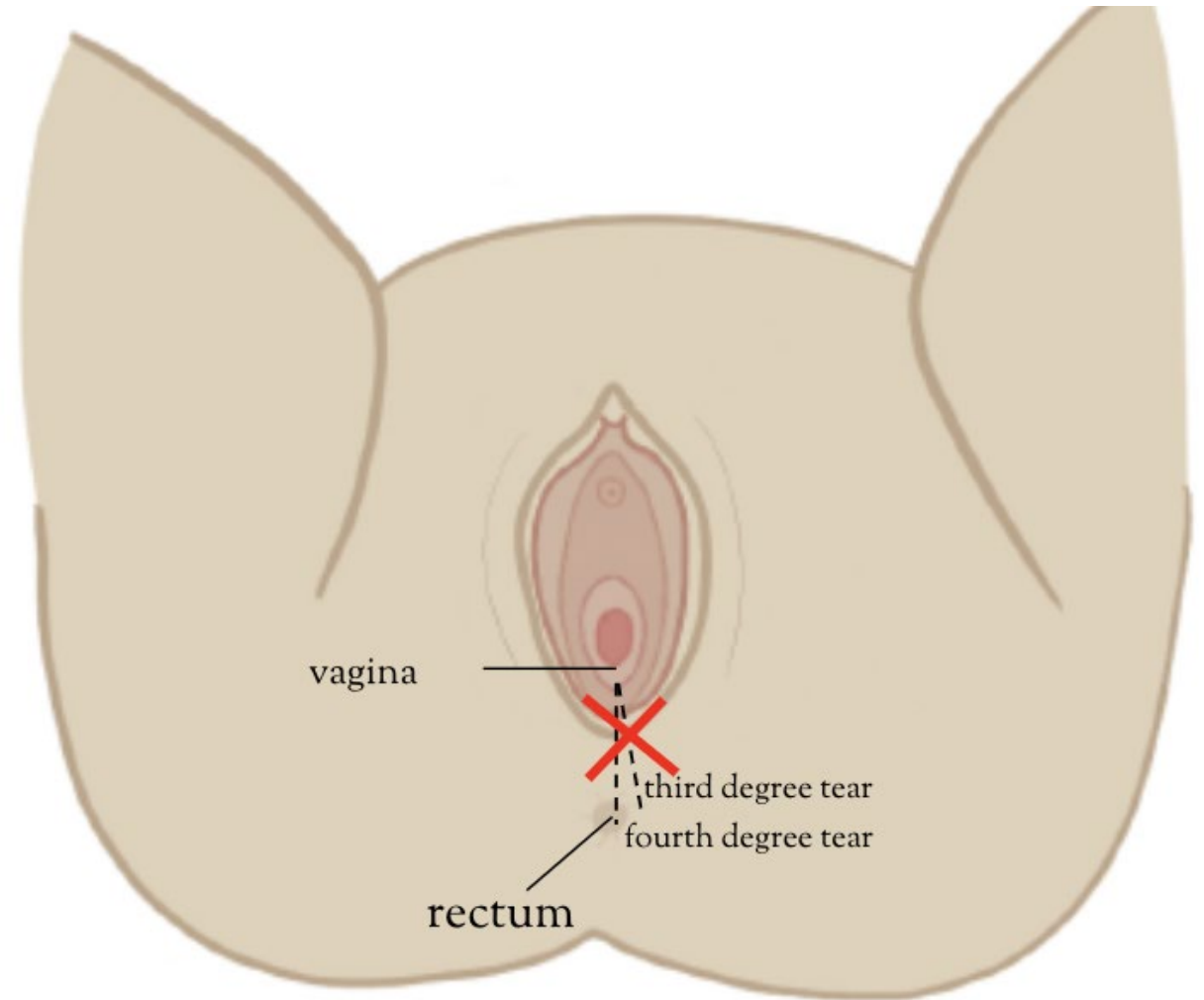


You may feel us support your perineum with pressure, massage, or a warm compress to minimize tearing and allow for a controlled delivery of your baby

DELIVERY

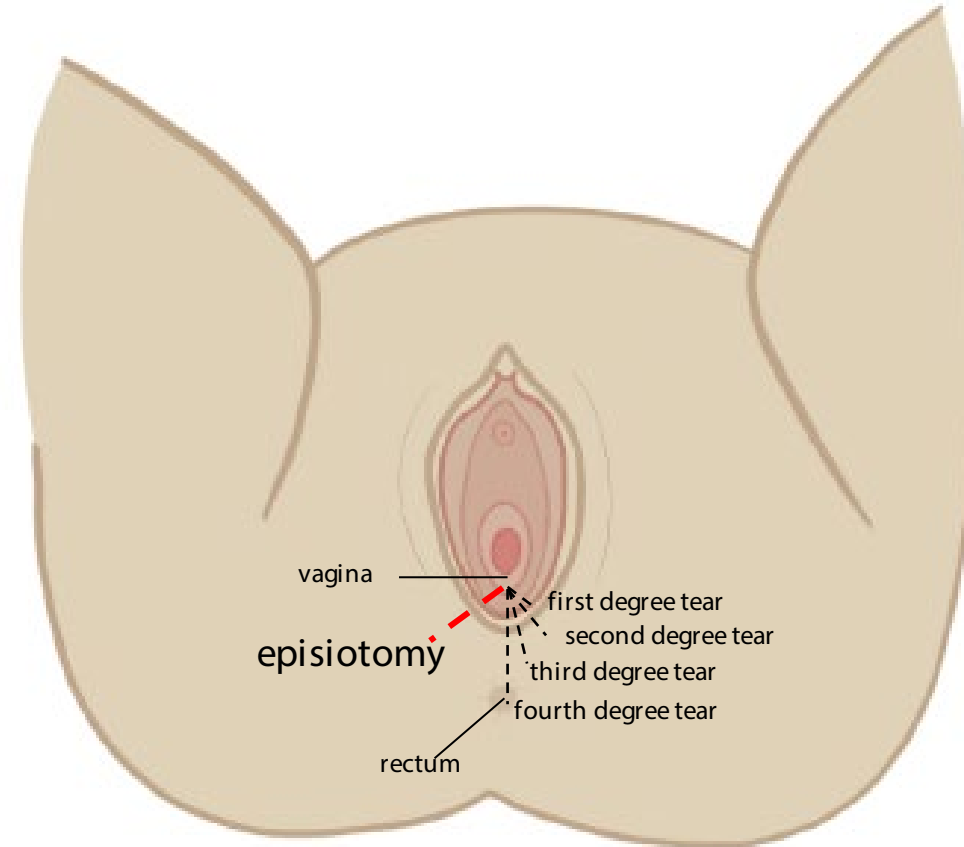
When your baby's head is delivering we may ask you to **STOP** pushing or **BREATHE** and **GENTLY** push

SLOW and CONTROLLED delivery of your baby's head is important to let the tissue stretch



DELIVERY

Occasionally, we may recommend a cut to the side to prevent a tear into the rectum muscles



STAGE 3: DELIVERY OF THE PLACENTA

