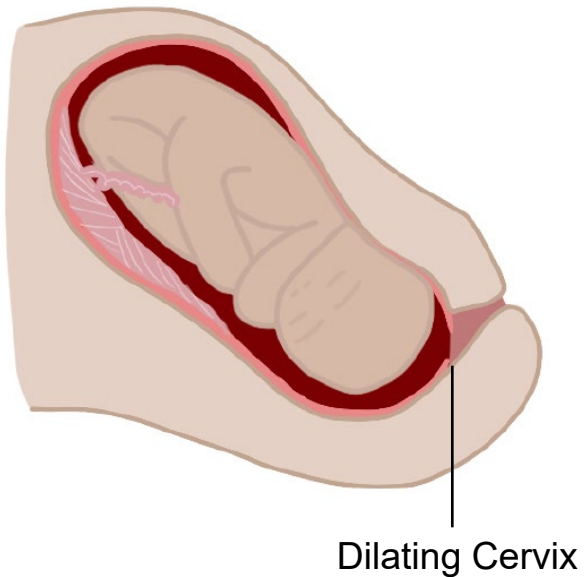


THE STAGES OF LABOUR

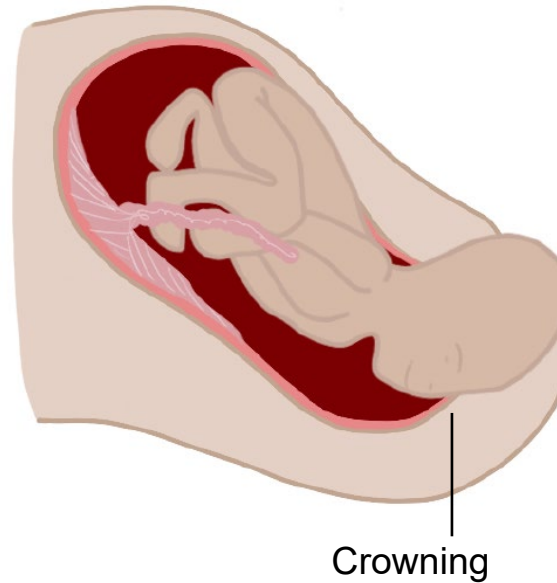
Stage 1

Your cervix opens
to 10 cm



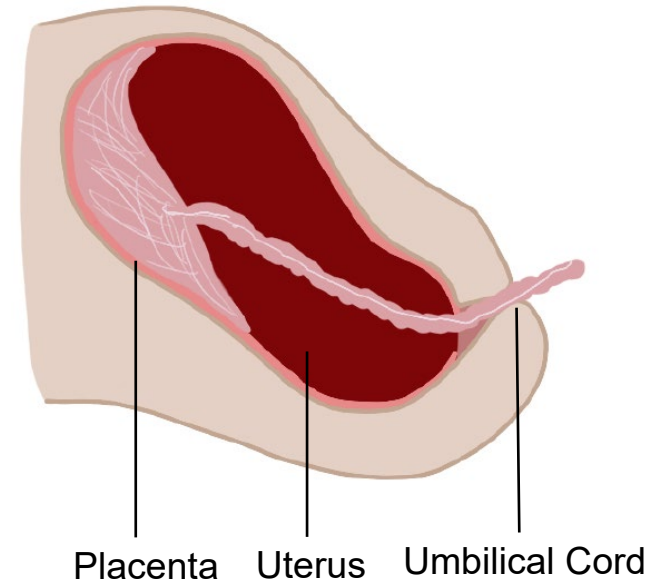
Stage 2

Pushing until baby is
delivered



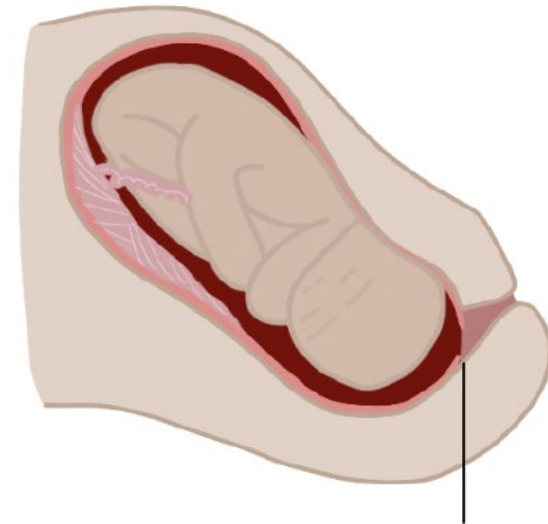
Stage 3

Placenta is
delivered



STAGE 1: CERVICAL DILATATION

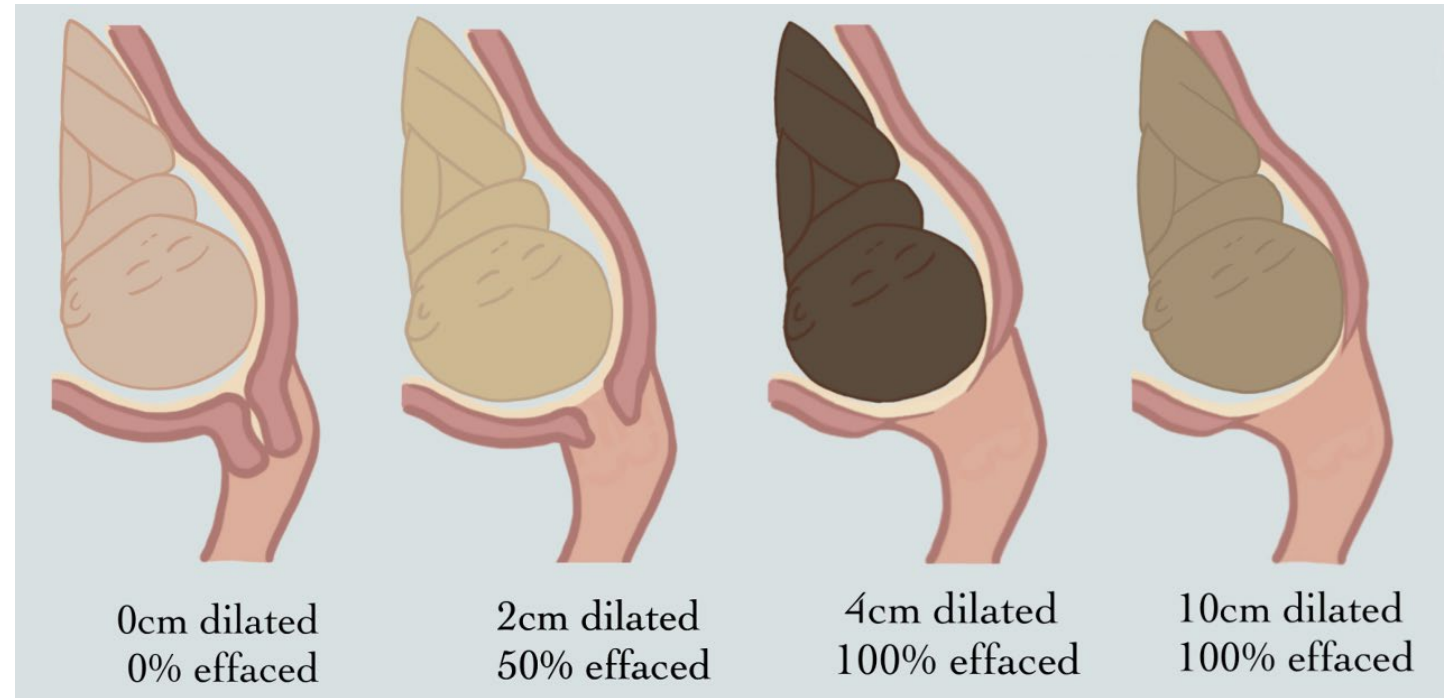
The cervix is the opening to your uterus



Dilating Cervix

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

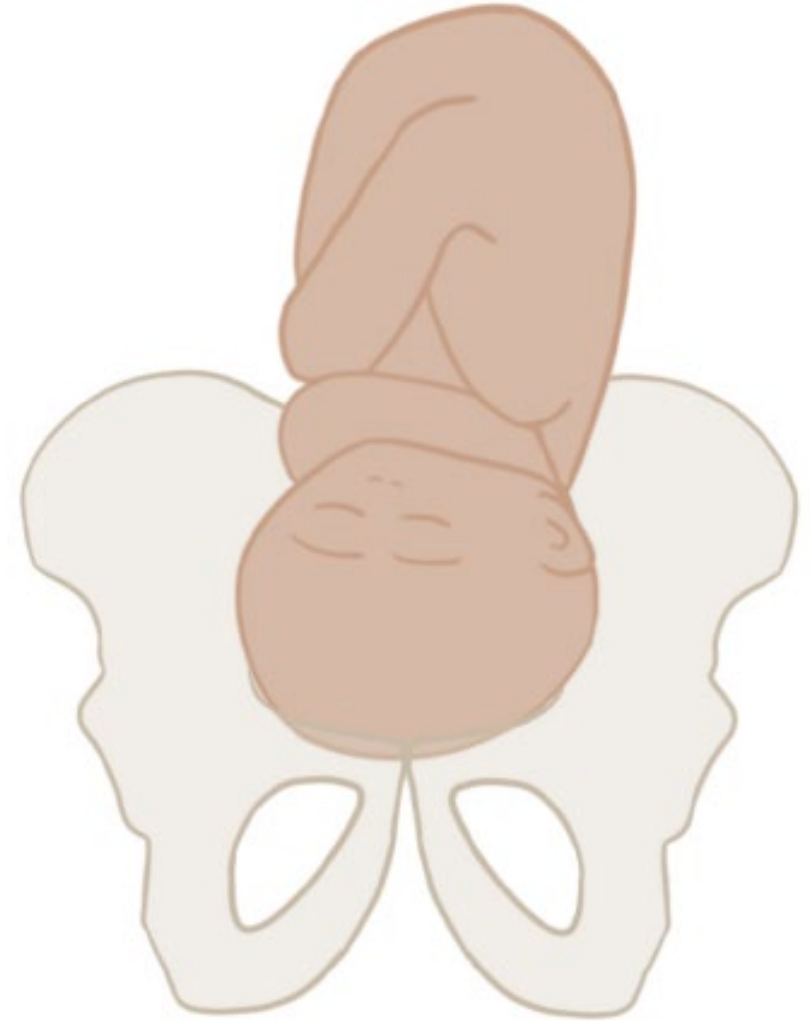
CERVICAL DILATATION



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

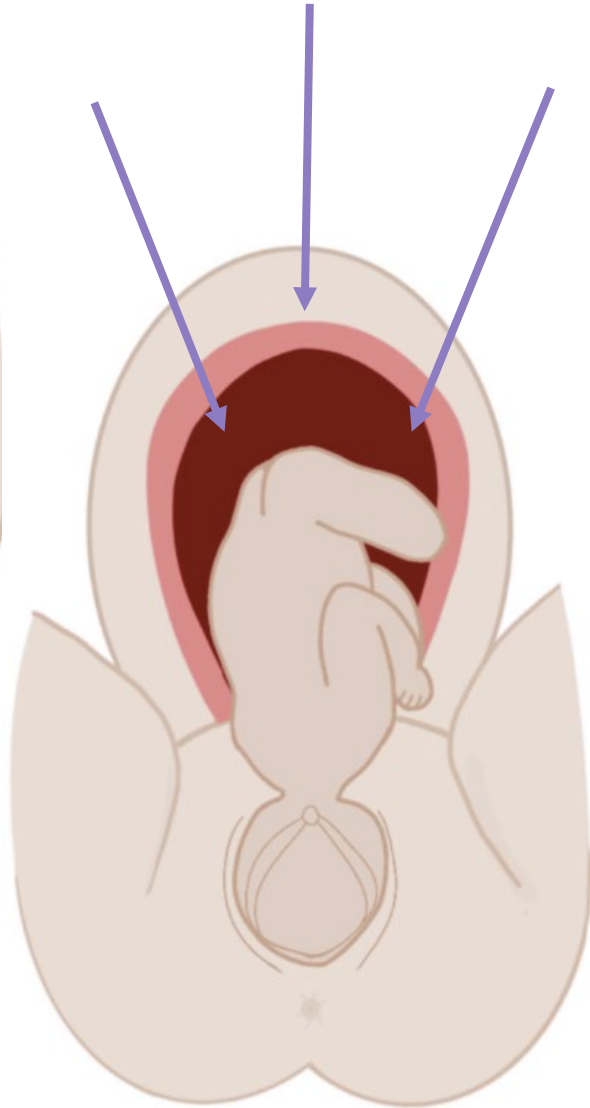
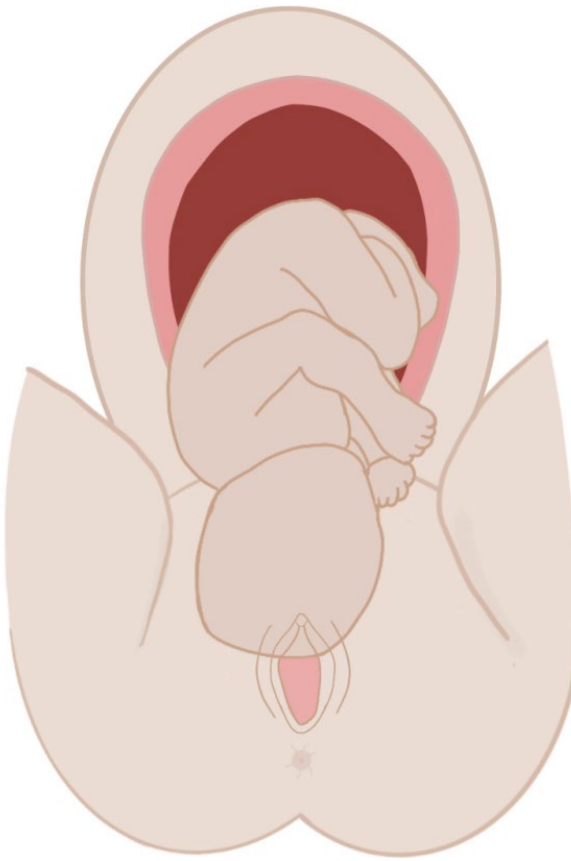
Strong contractions help to open your cervix and bring baby down into the pelvis.

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!



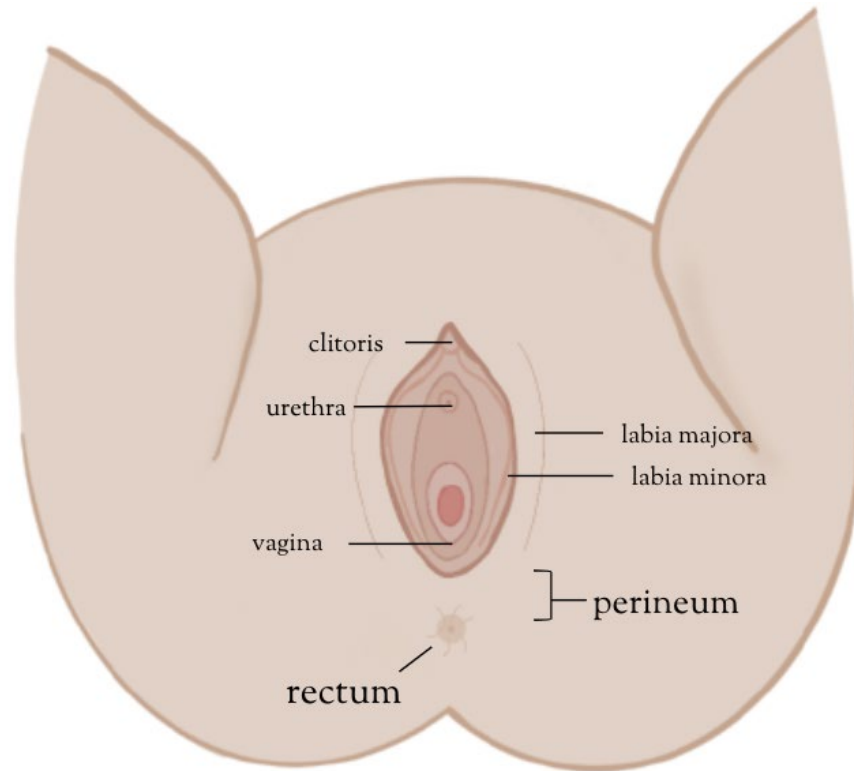
CONTRACTIONS AND PUSHING

It is important to push during contractions

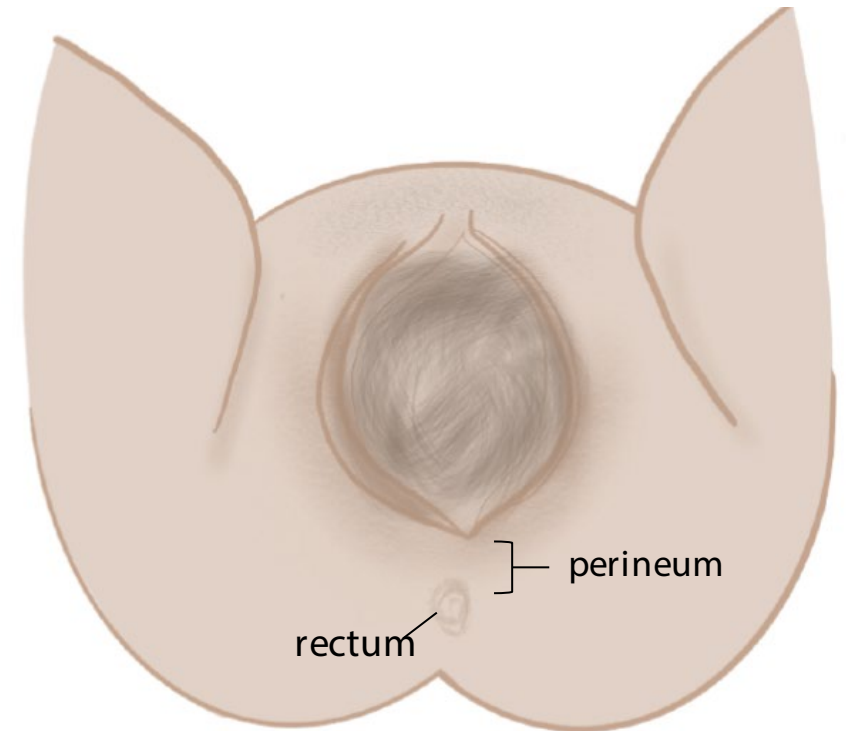
We will share breathing and positioning techniques to help pushing

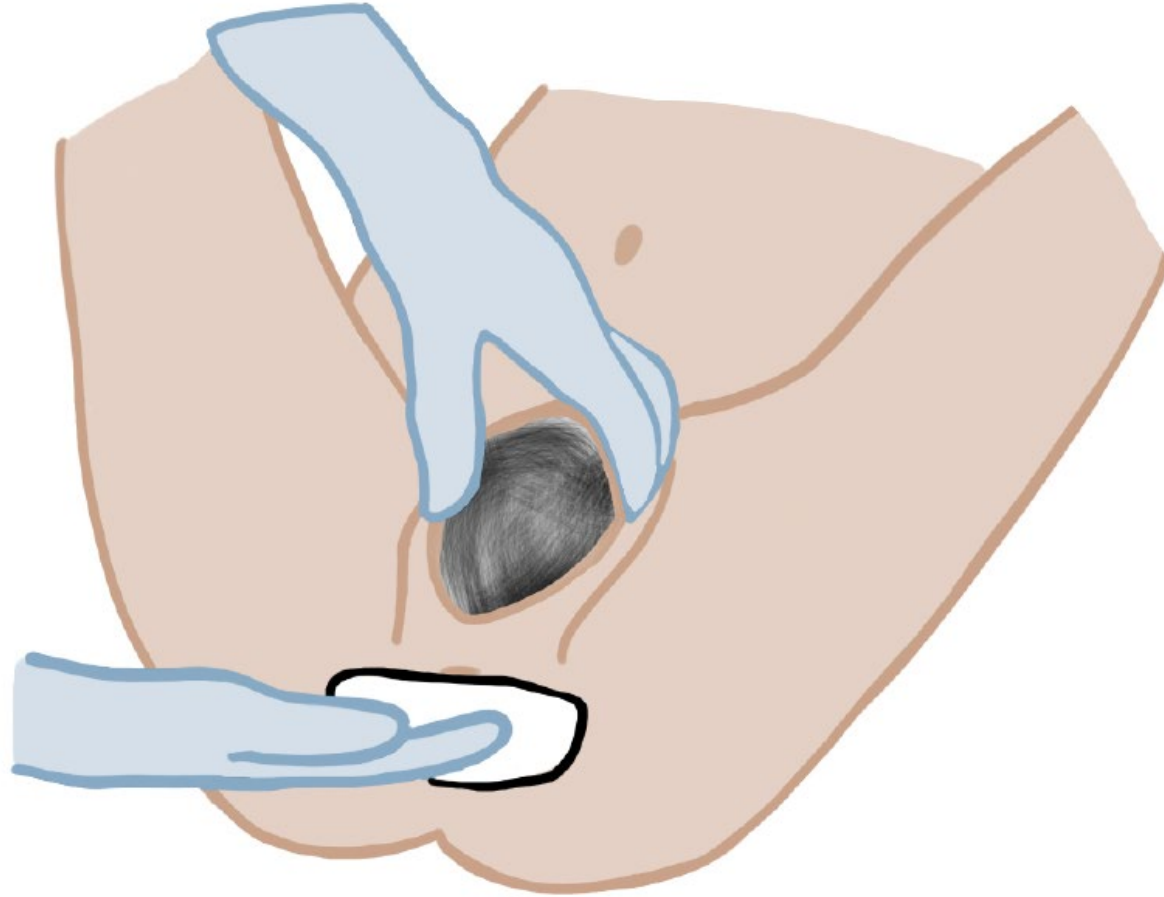
This will move baby lower into the pelvis

CROWNING



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



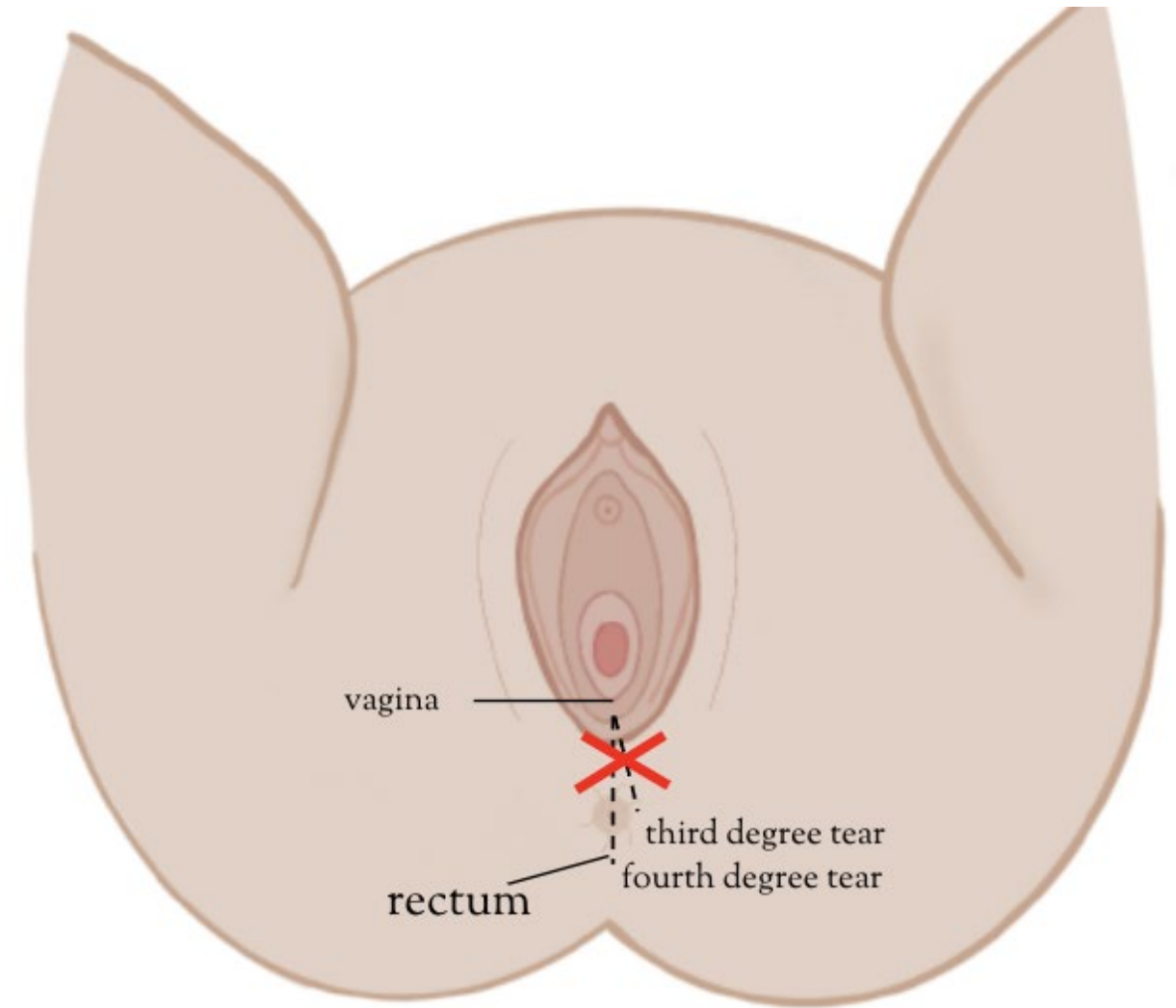


You may feel us support your perineum with pressure, massage, or a warm compress to minimize tearing and allow for a controlled delivery of your baby

DELIVERY

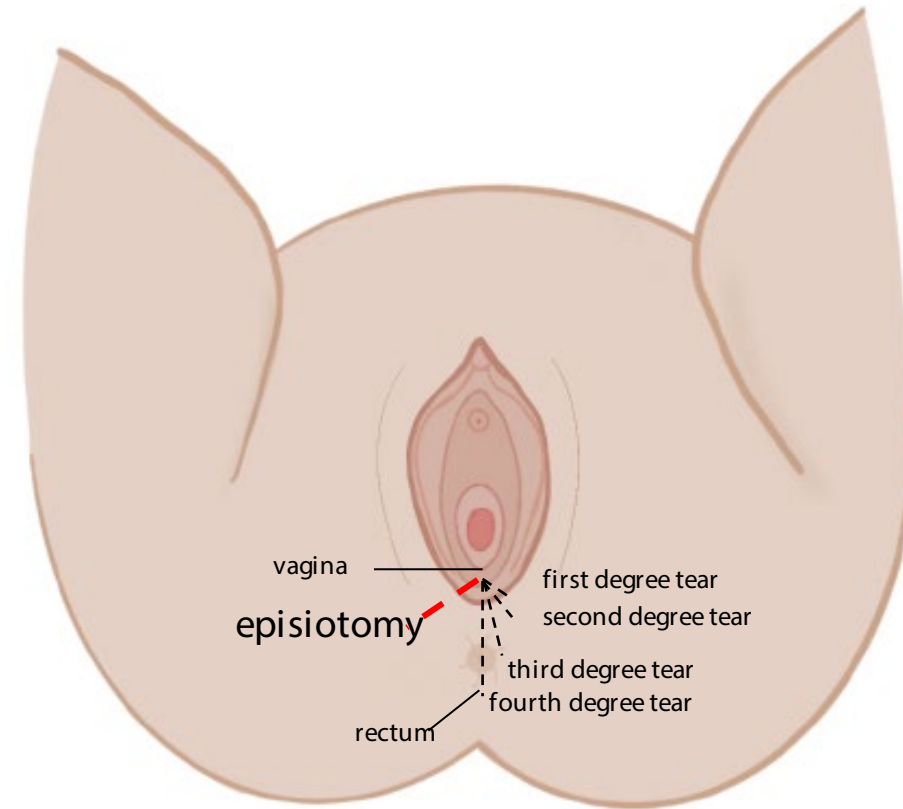
When your baby's head is delivering we may ask you to **STOP** pushing or **BREATHE** and **GENTLY** push

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 prevent a tear into the rectum muscles



STAGE 3: DELIVERY OF THE PLACENTA

