





Stage/Phase of Labour	Feelings	Happenings	Helpful Ideas
<p>1st stage: early phase (8-16hrs)</p> <p>Cervix 0-4cm dilated (open)</p> <p>Contractions are 5-20 mins apart, lasting 20-40 seconds</p>	<p>Excited, apprehensive</p> 	<ul style="list-style-type: none"> ➤ Mucous tinged with blood ➤ Backache ➤ Lower abdominal pain (like period pain) ➤ Sometimes diarrhoea ➤ Sometimes waters break 	<ul style="list-style-type: none"> ➤ Keep eating and drinking (small amounts often) ➤ Call the hospital ➤ Time your contractions (from start of one to start of the next) ➤ Move around, keep busy ➤ Rest if you need to ➤ Empty your bladder every two hours
<p>1st stage: active phase (3-5hrs)</p> <p>Cervix 4-8cm dilated</p> <p>Contractions are 3-7mins apart, lasting 50-60 seconds</p>	<p>Becoming weary, restless</p> 	<ul style="list-style-type: none"> ➤ Contractions, strong and regular ➤ Intense, lower abdominal pain ➤ Backache may continue ➤ Totally focused on labour ➤ Dependant on support people ➤ Blood tinged mucous ➤ Waters may break 	<ul style="list-style-type: none"> ➤ Use deep breathing ➤ Focus ➤ Take a hot shower or use hot packs ➤ Change positions ➤ Rest between contractions ➤ Sip fluids/suck sweets

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<p>1st stage: transition (1/2-2hrs)</p> <p>Cervix 8-10cm dilated</p> <p>Contractions 2-3 mins apart, lasting 60-80 seconds</p>	<p>Tired, irrational</p> 	<ul style="list-style-type: none"> ➤ Long, strong contractions ➤ May have double peaks ➤ May feel anal pressure and urge to push ➤ Intense tiredness ➤ Maybe nausea and vomiting ➤ Shaky ➤ Feelings of panic 	<ul style="list-style-type: none"> ➤ Try a position change ➤ Massage your back and thighs ➤ Place a cool flannel on your face and neck ➤ Listen to people's reassurance ➤ Believe in your body
<p>2nd stage: pushing (1/2-2hrs)</p> <p>Cervix fully dilated (10cm)</p> <p>Contractions 2-5 mins apart, lasting 60-90 seconds</p>	<p>Working hard</p> 	<ul style="list-style-type: none"> ➤ Contractions space out ➤ Pain is less intense, more pressure ➤ Strong urge to push ➤ Stretching, burning as baby's head moves down 	<ul style="list-style-type: none"> ➤ Push with contractions (use a mirror) ➤ Rest between contractions ➤ Cool flannel or spray to face and neck ➤ Listen to support people – you may need to pant through the strong urge to push to slow down the birth of the baby's head