

Stages of Labour

Stage 1

early labour

- Cervix thins and starts to open
- Contractions 5-30 minutes apart and 15-40 seconds long
- Mild, cramps and back pain
- Cervix is 0-4cm dilated



Stage 1

active labour

- Contractions 2-3 minutes apart and 40-60 seconds long
- Stronger and more intense
- Cervix is 4-8cm dilated



Stage 1

transition

- Contractions 1-3 minutes apart and 45-90 seconds long
- Most intense they will get
- Cervix is 8-10cm dilated



Stage 2

pushing & the birth

- Let's get this party started!
- It's time to push to meet your baby



Stage 3

placenta

- Birthing the placenta
- Completes the birthing process