

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 Some mothers can become noticeably distant and withdrawn during this stage, if you have had a baby already, it's likely you that your babies birth may be imminent.

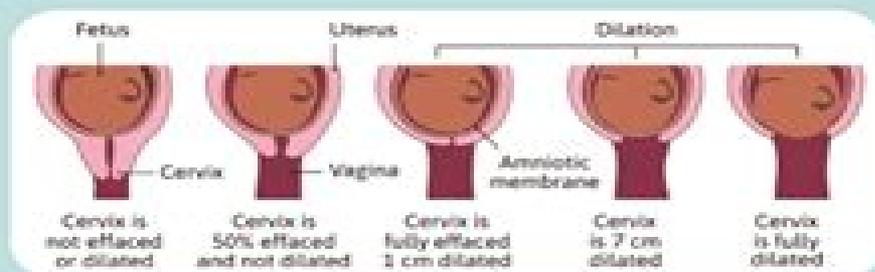
Transition

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

Carl Jones, Jan E. Jones



Labour And Birth Guide:

Natural Labor and Birth: An Evidence-Based Guide to the Natural Birth Plan Michelle Aristizabal, 2018-09-14 The first evidence based book covering natural childbirth practices written by an obstetrician Natural birth plans have emerged as a battle cry of resistance among women who are dissatisfied with today's medically aggressive model of maternity care and high cesarean section rates However natural birth does not need to be a source of controversy or conflict between women and their nurses and doctors Natural Labor and Birth An Evidenced Based Guide to the Natural Birth Plan seeks to broaden the medical community's understanding of the motivations and needs of naturally laboring mothers while also exploring why natural birth is often so difficult to achieve within our current system and what can be done to change that It is a complete resource on the topic of natural childbirth teaching healthcare providers and other birth workers the skills necessary to assist a woman through an unmedicated birth and reviewing the compilation of medical evidence in support of those methods It demonstrates how natural birth can exist within the framework of traditional antepartum care and hospital deliveries and offers alternative solutions to common challenges that often disrupt the physiologic birth process Natural Labor and Birth An Evidenced Based Guide to the Natural Birth Plan is also an unbiased resource for pregnant women seeking a more thorough and scientific understanding of unmedicated birth This guide will help women and their partners make their own birth plans from a truly informed place It will help women understand the barriers they may face when seeking a natural birth and give them the ability to better communicate their needs and preferences By creating room for natural birth within our maternity system this book will help readers build a community of care where all women feel respected acknowledged and empowered during their birth experience *Supporting Women for Labour and Birth* Nicky Leap, Billie Hunter, 2022-01-12 This new edition provides an up to date and thoughtful guide to supporting women in labour looking at a range of techniques and approaches that promote a safe and positive experience of birth for women and their families Across the world support in labour has been shown to reduce obstetric interventions and improve outcomes for women and babies Written by two highly experienced midwifery authors this text draws on a wide range of cutting edge research on this topic identifying how the evidence can be applied to everyday practice Narratives from women and practitioners including midwives doulas childbirth educators and students are used to illustrate a range of situations where the quality of support is central to the quality of the experience and outcome *Supporting Women for Labour and Birth* encourages readers to reflect on their experiences and examine the evidence provided by both research and experiences of women and practitioners in order to explore how this could be incorporated into their practice The only book to deal directly with the practical and emotional issues associated with labour support this is an ideal text for student midwives and an important reference for practising midwives doulas and other childbirth practitioners **The Midwife's Labour and Birth Handbook** Vicky Chapman, Cathy Charles, 2008-11-11 To practice effectively midwives need to continually update their

knowledge of pregnancy and birth This fully revised and updated new edition of *The Midwife's Labour and Birth Handbook* is a practical and accessible guide to providing midwifery care while promoting women centred care and normality It explores important questions such as Why are women not encouraged to make a birth plan for elective CS If a VBAC woman declines continuous CTG monitoring then why shouldn't she use a waterbirth pool If shoulder dystocia is anticipated why not encourage all fours birth in preference to a semi recumbent position Why are the needs of the delivering professional so often put before the advantages of upright postures for promoting descent of a second twin This new edition incorporates the latest research and national guidelines and includes new chapters on twins caesarean section bullying risk management and IOL By bringing together the latest midwifery information in a woman centred way *The Midwife's Labour and Birth Handbook* is an essential guide for both student midwives and experienced practising midwives *The Birth Partner, 4th Edition, Completely Revised and Updated* Penny Simkin, 2017-05-01 Now in its fourth printing *The Birth Partner 4th Edition* is newly revised and updated This is the definitive manual for any helpful companion at a birthing mother's bedside Since the original publication of *The Birth Partner* partners friends relatives and doulas professional birth assistants have relied on Penny Simkin's guidance in caring for the new mother from her last trimester through the early postpartum period Fully revised in its fourth edition *The Birth Partner* remains the definitive guide for preparing to help a woman through childbirth and the essential manual to have at hand during the event This completely updated edition includes thorough information on Preparing for labor and knowing when it has begun Normal labor and how to help the woman every step of the way Epidurals and other medications for labor Non drug techniques for easing labor pain Cesarean birth and complications that may require it Breastfeeding and newborn care And that is just a start For the partner who wishes to be truly helpful in the birthing room *The Birth Partner 4th Edition* is indispensable **Midwifery** Sally Pairman, Sally K. Tracy, Hannah Dahlen, Lesley Dixon, 2018-10-01 Now available in two volumes for ease of use Book 1 focuses on the context of midwifery practice Book 2 focuses on midwifery practice New and significantly updated chapters include man rights in childbirth Midwifery as primary healthcare Birth place and birth space Social and environmental determinants of women's health Contraception Variations in normal Endorsed by the Australian College of Midwives ACM and the New Zealand College of Midwives NZCOM NEW to the Evolve resources a suite of 18 videos featuring interviews with midwifery lecturers and students who share inspirational insights advice challenges and opportunities for learning Now includes an eBook with all print purchases **The Essential Homebirth Guide** Jane E. Drichta, Jodilyn Owen, Christianne Northrup, 2013-02-12 Two midwives present the What to Expect When You're Expecting for homebirths with a foreword by Dr Christianne Northrup Birthing is a miraculous time when you and your baby will work together to bring about life As you finally cradle your precious newborn in your arms you should know deep in your soul that every decision that brought the two of you to this special moment was yours More families than ever are choosing to birth at home Midwives Jane E Drichta and Jodilyn Owen

answer questions about the kind of care support and information you need as you investigate whether this option is right for you Birth can be an empowering and positive experience and this book provides gentle guidance with high regard for your wisdom and ability to successfully navigate your prenatal care birth and early mothering Enriched with real birth stories from new mothers The Essential Homebirth Guide offers thoughtful compassionate advice on a wealth of birthing topics including Building a supportive homebirth community Caring for yourself and your baby from your pregnancy through the postpartum period Communicating about your birthing plans with your midwife your partner and your family and friends Deciding whether homebirth is safe for you Educating yourself about common pregnancy related issues Preparing your home and your family for the big day **The Modern Midwife's Guide to Pregnancy, Birth and Beyond** Marie

Louise,2020-03-05 Marie Louise is a dream come true for any parent with her uncanny ability to simplify the most important and complicated questions Emma Bunton co founder of Kit and Kin Whether you are planning for a baby just found out you are pregnant or well into your third trimester this book will help you to feel confident informed and inspired about your exciting journey ahead Through years of work with families Senior Midwife Marie Louise reveals the key things that will make the biggest most positive difference to you and your baby as you navigate these life changing months As well as this Marie Louise is renowned for bringing complex science to life You ll discover fascinating facts that underpin everything you and your baby will go through including How your nervous system is synced with your baby and why baby already knows a lot about you when they are born The unique process your baby goes through to pass through the birth canal and how you work together in labour Incredible facts about breast milk Packed with the most up to date findings and expert insights you ll find everything you need to prepare for motherhood and most importantly understand and appreciate just how amazing you and your baby both are **Simkin's Labor Progress Handbook** Lisa Hanson,Emily Malloy,Penny Simkin,2024-01-03

SIMKIN S LABOR PROGRESS HANDBOOK Get ready to enhance your expertise in the world of childbirth with Simkin s Labor Progress Handbook a trusted resource tailored for childbirth medical practitioners This invaluable guide unravels the complexities of labor equipping you with practical strategies to overcome challenges encountered along the way Inside this comprehensive book you ll discover a wealth of low technology evidence based interventions designed to prevent and manage difficult or prolonged labors Grounded in research and practical experience these approaches are tailored by doulas and clinicians to provide optimal care and achieve successful outcomes The fifth edition of this prestigious text includes information on Labor dystocia causes and early interventions and strategies promoting normal labor and birth Application of fetal heart rate monitoring intermittent auscultation continuous electronic fetal monitoring and wireless telemetry while promoting movement and labor progress The role of oxytocin and labor progress and ethical considerations in oxytocin administration Prolonged prelabor and latent first through fourth stage labor addressing factors associated with dystocia Positions comfort measures and respectful care With meticulous referencing and clear practical instructions throughout

Simkin's Labor Progress Handbook continues to be a timely and accessible guide for novices and experts alike including doulas nurses midwives physicians and students **The Birth Partner's Handbook** Carl Jones, Jan E. Jones, 1989

Midwifery - E-Book Sally Pairman, Jan Pincombe, Carol Thorogood, Sally K. Tracy, 2014-10-01 Perfect for Bachelor of Midwifery students Postgraduate Midwifery students Combined Nursing degree students Combined Nursing degree students Midwifery Preparation for Practice 3e is the definitive midwifery text for Australian and New Zealand midwifery students The third edition continues to reinforce the established principles of midwifery philosophy and practice that of working in partnership with women and midwifery autonomy in practice and from this perspective presents the midwife as a primary healthcare practitioner It carefully examines the very different maternity care systems in Australia and New Zealand exploring both autonomous and collaborative practice and importantly documents the recent reforms in Australian midwifery practice Midwifery Preparation for Practice 3e places women and their babies safely at the centre of midwifery practice and will guide inform and inspire midwifery students recent graduates and experienced midwives alike Key contributors from Australia and New Zealand Critical Thinking Exercises and Research Activities Midwifery Practice Scenarios Reflective Thinking Exercises and Case Studies Instructor and Student resources on Evolve including Test Bank questions answers to Review Questions and PowerPoint presentations New chapter on Models of Health Increased content on cultural considerations human rights sustainability mental health obesity in pregnancy communication in complex situations intervention complications in pregnancy and birth and assisted reproduction Midwifery Practice Scenarios throughout

The Dad's Playbook to Labor and Birth Theresa Halvorsen, 2012-06-05 Offers advice for new fathers to be prepared for labor and childbirth **Healthy Parents, Healthy Toddler: A Guide to Bonding, Breast Feeding and the Toddler Years** Jan Roberts, 2012-07-02 Your guide to bonding with your baby breastfeeding and the toddler years I'm calling on the mums and dads of the world to join the movement to a wiser more attached and connected style of parenting because I think you've drawn the short straw Parenting was never meant to be so difficult never meant to be such a minefield of procedures and processes uncertainty and doubt information and misinformation Jan Roberts In an increasingly time poor and complex parenting environment mums and dads are finding it harder than ever to get the straightforward information they need to raise happy healthy children Health care expert Jan Roberts has more than 40 years of health care experience behind her In Healthy Parents Healthy Toddlers she offers invaluable advice in simple every day language Using clear segments Jan outlines all the stuff you need to know starting with your preparation for a natural unmedicated birth through the breastfeeding period and on to the early years with your toddler Once you are clear on what you need to know the things you need to do section offers advice on diet and supplements exercise routines your mental and emotional state and your lifestyle and environment all of which apply to whether you're pregnant breastfeeding or raising your family Included in Healthy Parents Healthy Toddler are Essential step by step information for a natural birth Handy checklists for the arrival of your

baby Exercise and nutrition tips for easier breastfeeding The secrets of better breastfeeding including attachment and positioning Invaluable advice for bonding with your new baby Easy tips to improve your lifestyle and environment Simple fuss free recipes for healthy family meals Having a toddler in the house is not always easy Reassurance that we re doing the right thing as a parent is what we all look for Jan Roberts s clear accessible style and matter of fact approach can ease these parental doubts and help to boost the confidence you need to be the best parent you can be Jan Roberts s knowledge an expertise are second to none Dr Rosina Mladenovic Univeristy of Sydney *Joints and Connective Tissues* Kerry Phelps,Craig Hassed,2012-10-31 Joints and Connective Tissues General Practice The Integrative Approach Series In order to diagnose and manage the patient presenting with musculoskeletal symptoms it is important to distinguish whether the pathology is arising primarily in the so called hard tissues such as bone or the soft tissues such as cartilage disc synovium capsule muscle tendon tendon sheath It is also important to distinguish between the two most common causes of musculoskeletal symptoms namely inflammatory and degenerative *The Woman's Guide, Showing the Causes, Symptoms, and Homoeopathic Treatment of the Diseases of Females and Children* Richard Sandon Gutteridge,1871 The Gynecological Sourcebook M. Sara Rosenthal,1997 Fully updated and revised this reference guide explains the mysteries of hormones the menstrual cycle and explains what happens during pregnancy Rosenthal clarifies the various forms of contraception and discusses common and not so common diseases infections and other female health issues **Creating Your Birth Plan** Marsden Wagner,2006 Helps expectant mothers make informed decisions about their pregnancy and childbirth furnishing information on what to expect when delivering in a hospital birthing center or at home how to select an advocate the natural stages of labor natural alternatives to drugs surgery and technology and explanations of various medical interventions Original 25 000 first printing The Housewife's Meat Guide Levi Funk,1928 Evidence-based Care for Normal Labour and Birth Denis Walsh,2007 Evidence based care is a well established principle in contemporary healthcare and a worldwide health care movement However despite the emphasis on promoting evidence based or effective care without the unnecessary use of technologies and drugs intervention rates in childbirth continue to rise rapidly This new edition emphasises the importance of translating evidence into skilful practice It updates the evidence around what works best for normal birth aspects of which still remain hidden and ignored by some maternity care professionals Beginning with the decision about where to have a baby through all the phases of labour to the immediate post birth period it systematically details research and other evidence sources that endorse a low intervention approach The second edition has been expanded with new chapters on Preparation for Childbirth and Waterbirth highlights where the evidence is compelling discusses its application where women question its relevance to them and where the practitioner s expertise leads them to challenge it gives background and context before discussing the research to date includes questions for reflection skills sections and practice recommendations generated from the evidence Using evidence drawn from a variety of sources Evidence and Skills

for Normal Labour and Birth critiques institutionalised scientifically managed birth and endorses a more humane midwifery led model Packed with up to date and relevant information this text will help all students practising midwives and doulas keep abreast of the evidence surrounding normal birth and ensure their practice takes full advantage of it *Perinatal Nursing* Kathleen Rice Simpson, Patricia A. Creehan, 2008 Co published with the Association of Women's Health Obstetric and Neonatal Nurses AWHONN this book is a comprehensive clinical resource for practicing perinatal nurses and an excellent staff educator's guide and textbook It provides commonly accepted guidelines for practice and evidence based care and includes algorithms to support decision making Numerous photographs complement the text and summary boxes highlight key points Appendices provide patient care examples and practice guidelines This edition has been extensively revised and updated New features include more than 650 end of chapter review questions and answers and selected AWHONN protocols

Official Lamaze Guide Judith Lothian, Charlotte DeVries, 2005-10 The Lamaze Guide helps expectant parents embrace natural childbirth with confidence

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