

Understanding the 4 Stages of Labor

Stage 1: Cervical Changes

- Contractions begin to help your cervix thin and open
- Part 1 (Early Labor) when the cervix dilates to 4 cm
- Part 2 (Active Labor) when the cervix dilates from 4 to 7 cm
- Part 3 (Transitional) when the cervix dilates from 7 to 10 cm



Stage 2: Hello Baby

The 2nd stage of labor begins when the cervix is fully dilated and the baby moves all the way down through the Birth canal

Many moms stage that Part 3 of the first stage through stage 2 is the hardest time during labor



Stage 3: Bye Placenta

The 3rd stage of labor might just be what most moms consider to be the easiest, the delivery of the placenta! Though mom will still feel contractions throughout this stage as her body is getting ready to birth out the lifeline that nourished her baby, it shouldn't hurt or be too painful to actually deliver the placenta.



Stage 4: Recovery

Once baby and placenta are delivered, it's now time to enter the recovery stage. During recovery, mom's uterus will continue to contract until it reaches it's prepregnancy size (which can take up to a few weeks). Be sure to rest, hydrate, and take this time to slow down so you can fully recover!



Mom
After
Baby

Dr. Priyadarshini Lingaraj
Specialist - Obstetrics & Gynecology

 **+971 56 142 3165**
 www.drpriyadarshini.com