



MADE IN Canva

KNOW what to generally EXPECT in LABOR

No two deliveries are alike and there is no way to tell how your delivery is going to be. But you can use this sheet to know the stages you will go through during this process and what you can generally expect.

3 STAGES OF LABOR		
STAGE ONE	EARLY LABOR • Duration will last about 8-12+ hours • Your cervix will efface and dilate to 6cm • Contractions will last about 30-60 seconds, giving you 5-30 minutes of rest in between contractions • Contractions are typically mild, somewhat irregular • Your water may break (this can happen any time within the first stage)	DILATION • 1 cm = a pea • 2 cm = a walnut • 3 cm = a quarter • 4 cm = a half • 5 cm = a grape • 6 cm = a golf ball
	ACTIVE LABOR • Duration will last about 4-8+ hours • Your cervix will dilate from 6cm to 8cm • Contractions during this phase will last about 45-60 seconds with 3-5 minutes rest in between • Contractions will feel stronger and longer	DILATION • 6 cm = a tennis ball • 7 cm = a large grape • 8 cm = a large orange
	TRANSITION • Duration will last about 2-4+ hours • Your cervix will dilate from 8cm to 10cm • Contractions during this phase will last about 60-90 seconds with 2-3 minutes rest in between • Contractions will feel very strong and long	DILATION • 9 cm = a large grape • 10 cm = a large orange

3 STAGES OF LABOR			
STAGE ONE	EARLY LABOR • Duration will last about 8-12+ hours. • Your cervix will efface and dilate to 6cm • Contractions will last about 30-60 seconds, giving you 5-30 minutes of rest in between contractions. • Contractions are typically mild, somewhat irregular • Your water may break (this can happen any time within the first stage)	DILATION 0-6CM • 1 cm = a cherry • 2 cm = a small grape • 3 cm = a quarter • 4 cm = a small cookie • 5 cm = a mandarin orange • 6 cm = top of a soda can	WHAT TO DO: • Sit • Walk • Breathe • Relax
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The Labor Reference

Adrian A. Paradis



The Labor Reference:

The Labor Reference Book Adrian A. Paradis,1972 *1980 Census of Population: Characteristics of the population* ,1982
1980 Census of Population ,1982 Statistics organized by states and territories 1980 Census of Population : Volume 1, Characteristics of the Population : Part 1. United States Summary. Parts 2-57. [States and Territories.] United States. Bureau of the Census,1984 *Annual Energy Outlook* ,2005 *Report* ,1972 Anatomical Atlas of Obstetrics, with Special Reference to Diagnosis and Treatment Oskar Schaeffer,1901 **Commercial Nuclear Power** , *World Development Indicators 2012* World Bank,2012-04-18 World Development Indicators 2012 is a compilation of relevant high quality and internationally comparable statistics about development and the quality of people s lives Organized around six themes world view people the environment the economy states and markets and global links it aims to put data into the hands of policy makers development specialists students and the public The full dataset used to produce World Development Indicators contains more than 1 000 indicators for 216 economies with many time series extending back to 1960 And as a major part of the World Bank s open data initiative the data are freely available for use and reuse under an open license A companion printed volume the little data book 2012 presents a selection of indicators for each economy and the biennial statistics for small states presents data for less populated developing countries Any assessment of the Millennium Development Goals must acknowledge that amid all the signs of progress there are gaps Some targets will not be reached in this decade or the next Likewise the statistical record is still incomplete Continuing progress will require renewed commitment and careful monitoring **Decisions of the Maritime Subsidy Board, Maritime Administration, Department of Commerce** United States. Maritime Subsidy Board,1973 Vol 1 includes decisions of the Maritime Administration

Embracing the Tune of Term: An Mental Symphony within **The Labor Reference**

In a global consumed by displays and the ceaseless chatter of fast communication, the melodic beauty and mental symphony developed by the written word frequently disappear into the backdrop, eclipsed by the constant noise and distractions that permeate our lives. But, set within the pages of **The Labor Reference** a stunning fictional treasure overflowing with organic feelings, lies an immersive symphony waiting to be embraced. Constructed by an outstanding musician of language, that captivating masterpiece conducts readers on a mental journey, well unraveling the hidden songs and profound influence resonating within each carefully crafted phrase. Within the depths of the touching evaluation, we shall explore the book is key harmonies, analyze their enthralling publishing style, and surrender ourselves to the profound resonance that echoes in the depths of readers souls.

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The Labor Reference Introduction

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