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# 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	<b>EARLY LABOR</b> <ul style="list-style-type: none"> <li>• Duration will last about 8-12+ hours</li> <li>• Your cervix will efface and dilate to 6cm</li> <li>• Contractions will last about 30-60 seconds, giving you 5-30 minutes of rest in between contractions</li> <li>• Contractions are typically mild, somewhat irregular</li> <li>• Your water may break (this can happen any time within the first stage)</li> </ul>	<b>DILATION</b> <ul style="list-style-type: none"> <li>• 1 cm = a pea</li> <li>• 2 cm = a grape</li> <li>• 3 cm = a quarter</li> <li>• 4 cm = a walnut</li> <li>• 5 cm = a tennis ball</li> <li>• 6 cm = a grapefruit</li> </ul>
	<b>ACTIVE LABOR</b> <ul style="list-style-type: none"> <li>• Duration will last about 4-8+ hours</li> <li>• Your cervix will dilate from 6cm to 8cm</li> <li>• Contractions during this phase will last about 45-60 seconds with 3-5 minutes rest in between</li> <li>• Contractions will feel stronger and longer</li> </ul>	<b>DILATION</b> <ul style="list-style-type: none"> <li>• 6 cm</li> <li>• 7 cm</li> <li>• 8 cm</li> </ul>
	<b>TRANSITION</b> <ul style="list-style-type: none"> <li>• Duration will last about 2-4+ hours</li> <li>• Your cervix will dilate from 8cm to 10cm</li> <li>• Contractions during this phase will last about 60-90 seconds with 2-3 minutes rest in between</li> <li>• Contractions will feel very strong and long</li> </ul>	<b>DILATION</b> <ul style="list-style-type: none"> <li>• 9 cm</li> <li>• 10 cm</li> </ul>

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# The Labor Reference

**D Keegan**



## **The Labor Reference:**

## The Enigmatic Realm of **The Labor Reference**: Unleashing the Language is Inner Magic

In a fast-paced digital era where connections and knowledge intertwine, the enigmatic realm of language reveals its inherent magic. Its capacity to stir emotions, ignite contemplation, and catalyze profound transformations is nothing lacking extraordinary. Within the captivating pages of **The Labor Reference** a literary masterpiece penned by way of a renowned author, readers set about a transformative journey, unlocking the secrets and untapped potential embedded within each word. In this evaluation, we shall explore the book's core themes, assess its distinct writing style, and delve into its lasting effect on the hearts and minds of people who partake in its reading experience.

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