



# Stages of Labor & Coping Tips

## Early Labor

May last 12 hours or more

0-6 cm  
Contraction Pattern:  
Every 5-20 minutes  
Lasting 30-60 seconds

- Change positions often, walk, bounce on birthing ball.
- Start breathing and relaxation techniques. (Soothing music, aromatherapy, gentle massage, roll tennis ball on back)
- Soak in a warm tub or take a warm shower if able.
- Rest and sleep.
- Drink fluids and eat.
- You may have blood stained mucous (bloody show), low back pain, period like pains, loose bowel movements, sudden gush or a slow leak of fluid from the vagina. The waters should be clear or slightly pink.
- Get yourself packed and ready for the hospital.

## Active Labor

May last 4-8 hours or more

6-8 cm  
Contraction Pattern:  
Every 3-5 minutes  
Lasting 45-60+ seconds

- Call the doctor if your water breaks, you experience any bleeding or bright red discharge (not brown or pinkish), or if you experience blurred or double vision, a severe headache or sudden swelling, or if you're worried about anything.
- Go to the hospital following 5-1-1 rule: Contractions happen at least every 5 minutes, last for 1 minute each, and have been consistent for at least 1 hour.
- The hospital will get you in a gown, take vitals, start fetal monitoring, do a cervical exam, start an IV, get pain medications on board (if requested), and place a catheter.

## Transition

May last 15 minutes to an hour

8-10 cm  
Contraction Pattern:  
Every 2-3 minutes  
Lasting 60 seconds

- Try changing your position often.
- Empty your bladder often to make more room for the baby's head in your pelvis.
- Continue breathing and relaxation techniques.
- You may feel the urge to push, but don't until your doctor tells you to. Your cervix will need to be dilated to 10 first.

## Pushing & Birth

May last a few minutes to 1-2 hours

10 cm  
Contraction Pattern:  
Every 2-5 minutes  
Lasting 60-90 seconds

- Push when your doctor tells you too.
- You'll feel a strong urge to push with your contractions.
- Tips for pushing: With each contraction take a deep breath and hold your breath or exhale as your contraction peaks, bear down as if you are going to have a bowel movement (chin to your chest) and push with all your might. Relax and breathe between contractions.
- Baby is born and umbilical cord is clamped in two places and cut when the stump.

## Placenta Delivery

May last a few minutes to 20 minutes

Contraction Pattern:  
mild contractions that last about a minute each. You may not even notice them.

- It's now time to deliver the placenta.
- If you had any tearing or an episiotomy your doctor will stitch you up at this time.
- You may get chills or tremble.
- Your provider might give you medication to slow bleeding.
- Breast feed as soon as able to promote uterine contractions and decrease bleeding. Skin to skin with baby to increase bonding.
- Your nurse will press and massage your belly every 15 minutes for the first two hours after delivery to ensure your uterus is contracted.

# The Lamaze Ready Reference Guide For Labor Birth

**Deb Baker, Jennifer L. West LM, CPM,  
HBCE**



## **The Lamaze Ready Reference Guide For Labor Birth:**

**The Lamaze Ready-reference Guide for Labor & Birth** Harriet Roberts Shapiro, Lynn M. Kuba, Marion D. Harmon, Trina Burks, 1989-04-01 LAMAZE READY REFERENCE GUIDE FOR LABOR BIRTH is ideal for childbirth instructors expectant parents Its tabbed dividers provide easy access to information on all stages phases of labor birth Lamaze relaxation breathing concentration techniques pushing Also includes prelabor premature labor warning signs family centered maternity care cesareans emergency birth medication breast bottle feeding postpartum care exercise nutrition Also has professional photographs of positions for labor birth birth plan Order from Lynn Kuba 9615 Darron Court Vienna VA 22181 703 255 3595 Over 100 000 copies sold Updated 1997 [The Lamaze Ready Reference Guide for Labor and Childbirth](#) Harriet Shapiro, 1990 **Real Birth** Robin Greene, 2015-07-14 Intimate and intensely personal the forty five first person narratives contained in Real Birth Women Share Their Stories offer readers a window into the complex and emotionally exciting experience of childbirth Women from a full range of socioeconomic backgrounds and circumstances recount the childbirth choices they ve made and the ways those choices have played themselves out in the real life contexts of their everyday lives Readers meet women from all over the country who speak to us directly no interviewer intrudes no judgments intrude and no single method of childbirth is advocated Instead these women offer us their candid experiences presented clearly and unflinchingly Medically reviewed by physicians Dr Richard Randolph for the first edition and Dr Deborah Morris for this second edition Real Birth offers readers a plethora of correct information as well the kind of real scoop that other books and health care professionals are often reluctant to reveal The result is a well grounded book that reaches across the boundaries of childbirth literature Real Birth is introduced by Ariel Gore journalist editor writer and founding editor publisher of Hip Mama an Alternative Press Award winning publication about the culture of motherhood Also included are an extensive glossary of medical terms a thoroughly researched selective bibliography and a list of resources of interest to pregnant women and new moms **The Women's Desk Reference** Irene M. Franck, David M. Brownstone, 1993 Contains some 1 500 entries on people organizations issues books politics and health each with see also references and many with bibliographical references Useful as a first stop reference Annotation copyright by Book News Inc Portland OR **Giving Birth With Confidence (Official Lamaze Guide, 3rd Edition)** Judith Lothian, Charlotte DeVries, 2017-03-28 For a Safe and Healthy Birth Your Way Giving Birth with Confidence will help take the mystery out of having a baby and help you better understand how your body works during pregnancy and childbirth giving you the confidence to make decisions that best ensure the safety and health of you and your baby Giving Birth with Confidence is the first and only pregnancy and childbirth guide written by Lamaze International the leading childbirth education organization in North America Written with a respectful positive tone this book presents Information to help you choose your maternity care provider and place of birth Practical strategies to help you work effectively with your care provider Information on how pregnancy and birth progress

naturally Steps you can take to alleviate fear and manage pain during labor The best available medical evidence to help you make informed decisions Previously titled The Official Lamaze Guide this 3rd edition has updated information on How vaginal birth keeping mother and baby together and breastfeeding help to build the baby s microbiome How hormones naturally start and regulate labor and release endorphins to help alleviate pain Maternity care practices that can disrupt the body s normal functioning The latest recommendations on lifestyle issues like alcohol vitamins and caffeine Room sharing and cosleeping the controversy recommendations and safety guidelines Out of hospital births are on the rise New research and advice on planned home birth including ACOG s revised guidelines which support women s choices and promote seamless transfer to hospital if needed The importance of avoiding unnecessary caesareans for mother and child Includes the new ACOG guidelines on inductions and active labor The research in support of the Lamaze International s Six Healthy Birth Practices which are Let labor begin on its own Walk move around and change positions throughout labor Bring a loved one friend or doula for continuous support Avoid interventions that aren t medically necessary Avoid giving birth on your back and follow your body s urges to push Keep mother and baby together it s best for mother baby and breastfeeding

*The Nursing Mother's Quick Reference Guide and Planner* Kathleen Huggins, 2020-02-11 This is a shorter version of the best selling book on breastfeeding The Nursing Mother s Companion by Kathleen Huggins This concise easy to use on the fly version of that classic book is ideal for busy time pressed new moms and their helpers and partners It also includes planner pages to help keep track of nursing and pumping sessions and other important details Breastfeeding is natural but it is not always instinctive for either mothers or babies Kathleen Huggins s The Nursing Mother s Companion has been a top selling book on breastfeeding for more than 7 editions over 30 years with more than 1 1 million copies sold It is respected and recommended by professionals including The International Lactation Consultant Association Dr T Berry Brazelton and The American Academy of Pediatrics and it is well loved by new parents for its encouraging and accessible style Now in this shorter quick reference version moms and their partners can get the answers they need in a flash without sacrificing the breadth and accuracy of the original book Plus this edition adds a planner component for scheduling nursing sessions pump rentals and pumping sessions weight and wellness checks anticipated dates for weaning and more Kathleen Huggins equips breastfeeding mothers with all the information they need to overcome potential difficulties and nurse their babies successfully This up to date book covers Expressing storing and feeding breast milk How to cope with breastfeeding obstacles and challenges Managing pumping and nursing when you return to work New mom care for the postpartum period Introducing solid foods How to choose a breast pump Deciding when to wean and how to do it

*The Labor Progress Handbook* Penny Simkin, Ruth Ancheta, 2011-01-31 The third edition of The Labor Progress Handbook builds on the success of first two editions and remains an unparalleled resource on simple non invasive interventions to prevent or treat difficult labor Retaining the hallmark features of previous editions the book is replete with illustrations showing position movements

and techniques and is logically organized to facilitate ease of use This edition includes two new chapters on third and fourth stage labor management and low technology interventions a complete analysis of directed versus spontaneous pushing and additional information on massage techniques The authors have updated references throughout expertly weaving the highest level of evidence with years of experience in clinical practice The Labor Progress Handbook continues to be a must have resource for those involved in all aspects of birth by providing practical instruction on low cost low risk interventions to manage and treat dystocia

**Chestnut's Obstetric Anesthesia: Principles and Practice E-Book** David H. Chestnut,Cynthia A Wong, Lawrence C Tsen, Warwick D Ngan Kee, Yaakov Beilin, Jill Mhyre, 2014-02-28 From basic science to various anesthesia techniques to complications the meticulously updated fifth edition of Chestnut s Obstetric Anesthesia Principles and Practice covers all you need to know about obstetric anesthesia An editorial team of leading authorities presents the latest on anesthesia techniques for labor and delivery and medical disorders that occur during pregnancy New chapters and rewritten versions of key chapters cover topics such as psychiatric disorders in the pregnant patient neurologic disorders and critical care of obstetric patients It is an invaluable comprehensive reference textbook for specialists in obstetric anesthesiology and obstetricians as well as anesthesiology and obstetric residents This book also serves as a clear user friendly guide for both anesthesiologists and obstetricians who are in clinical practice Consult this title on your favorite e reader conduct rapid searches and adjust font sizes for optimal readability Get all the accuracy expertise and dependability you could ask for from the most important names in the fields of obstetric anesthesia and maternal fetal medicine Master the current best practices you need to know for treating the fetus and the mother as separate patients each with distinct needs Search and retain difficult concepts easily with the help of key point summaries in each chapter Stay current on the latest advancements and developments with sweeping updates and new chapters on topics such as patient safety and team approach transthoracic echocardiography and noninvasive measurement of cardiac output in obstetric patients psychiatric disorders during pregnancy neurologic injuries and more Prevent and plan for potential complications associated with the advancing age of pregnant women An extensive state of the art discussion of critical care of obstetric patients equips you to address any special considerations for this increasing segment Know exactly how to proceed An abundance of tables and boxes illustrate the step by step management of a full range of clinical scenarios Choose the best drugs available while adhering to the most recent guidelines for obstetric anesthesia

**The Complete Idiot's Guide to Natural Childbirth** Deb Baker, Jennifer L. West LM, CPM, HBCE, 2009-10-06 Thoughtful planning so mom and her supporters are ready when the baby is A midwife helps expecting mothers decide how natural they want their labor to be what birthing methods are available and the type of professional they want present It helps women weigh factors prepare mentally make important decisions and plan ahead for successful delivery and beyond Only book covering the spectrum of natural birthing methods and has a medical authority s vetting Expert author is a certified professional midwife and certified hypno birthing childbirth educator Covers all aspects of

natural birthing from planning before women become pregnant through breastfeeding      **Subject Guide to Books in Print**  
,1996      Your Special Baby Stacy D. McCullough,1995-10 YOUR SPECIAL BABY imparts the best knowledge training possible for coping with labor childbirth Very attractively illustrated easy to understand this workbook is ideal Childbirth Graphics 1994 YOUR SPECIAL BABY REAL LAMAZE PREPARED CHILDBIRTH relates everything a pregnant woman wants to know about Lamaze childbirth but is too busy to ask Written by a labor delivery RN a certified Lamaze childbirth educator a college educator a Fellow of the American College of Childbirth Educators FACCE Ms McCullough brings a wealth of information on pregnancy childbirth to the reader in a reader friendly format Topics include a thorough comprehensive explanation with ample illustrations of the anatomy physiology of pregnancy all labor coping strategies routine hospital medical procedures interventions presented in a balanced risk benefit format the emotional behavioral changes of the woman in the 4 stages of labor a comprehensive labor partners guide interactive charts more A MUST HAVE BOOK for every pregnant woman who plans to go through labor Distributed by Luckenbooth Press Individual orders call 912 987 8222

**Maternity & Gynecologic Care** Irene M. Bobak,Margaret Duncan Jensen,1993 Provides comprehensive family centred coverage of perinatal and women s health nursing This edition features expanded coverage on common gynaecological problems and includes a new chapter on women s health promotion and screening      *Maternity Nursing* Deitra Leonard Lowdermilk,Margaret Duncan Jensen,1995      Paperbound Books in Print ,1992      **Maternity & Women's Health Care** Deitra Leonard Lowdermilk,Irene M. Bobak,1997 Formerly known as Maternity and Gynecologic care the title of the 6th edition reflects the changing focus of maternity nursing toward a greater emphasis on women s health care With a focus on the concepts of caring and critical thinking throughout every chapter this new edition has been thoroughly revised to address today s ever changing health care environment It includes expanded content on health promotion family home care critical care childbirth education culture and health care of women throughout the life span A new full color design provides content reinforcement and visual stimulation      **Getting Ready for Childbirth** Arlene Fenlon,Ellen Oakes,Lovell Dorchak,1979

**Family Medicine Obstetrics E-Book** Stephen D. Ratcliffe,2008-02-29 Whether you offer comprehensive pregnancy care in your primary care facility or provide prenatal and postpartum care this book delivers the guidance you need to optimize health for both mothers and their babies It covers all aspects of birth care from preconception counseling and prenatal care through labor and delivery both low risk and complicated to postpartum care and the first month of life The completely revised third edition includes the most up to date evidence based standards of care It offers information that is patient centered prevention oriented educational and sensitive to the care of the whole woman and her family Features a reader friendly outline narrative format for ease of use in daily clinical practice Describes how to care for patients with a wide range of medical conditions during pregnancy as well as pregnancy related conditions Takes a whole family approach to maternity care with discussions of maternal and paternal adjustment marital adjustment sibling adjustment single parent

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**Supporting a Physiologic Approach to Pregnancy and Birth** Melissa D. Avery, 2013-03-28 Supporting a Physiologic Approach to Pregnancy and Birth A Practical Guide provides an overview of current evidence and a range of practical suggestions to promote physiologic birth within the United States healthcare system Presenting the latest evidence available on practical approaches and minimal interventions this book looks into clinic exam rooms and hospital labor units to investigate the possibilities for improving the pregnancy and labor experience Contributors discuss recent research and other published information and present a range of ideas tools and solutions for maternity care clinicians including midwives nurses physicians and other members of the perinatal team An invaluable resource Supporting a Physiologic Approach to Pregnancy and Birth is a must have practical guide for those involved in all aspects of pregnancy and birth

**Core Curriculum for Maternal-Newborn Nursing E-Book** AWHONN, Susan Mattson, Judy E. Smith, 2010-04-26 New evidence based practice content includes the latest research and best practice standards for maternal newborn patient care New National Institute of Child Health Human Development NICHD terminology fosters interdisciplinary communication and ensures greater accuracy and precision New patient safety and risk management strategies help in improving outcomes reducing complications and increasing patient safety New information on the latest assessment and monitoring devices describes new applications of technology and the resulting benefits to patient care

**Books in Print** , 1991

## **The Lamaze Ready Reference Guide For Labor Birth** Book Review: Unveiling the Power of Words

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