

Pre labor

early labor

2-4 weeks before birth

Low back pain

Frequent Braxton Hicks (non-progressing contractions)

Nesting

Baby dropping

Frequent loose stools

Blood tinged mucus discharge

Possible loss of mucous plug

May last 2-24 hours

Contractions in a pattern: getting longer, stronger & more frequent

Bloody show possible

Water might break (1 in 10 labors start this way)

active labor

May last 2-12 hours

Enter at 3-6 cm, dilation to 5-8 cm during this time

Time to go to the hospital when contractions are following the 5-1-1 or 4-1-1 rule

Transition

5 minutes to 2 hours

"I can't do it anymore"

Hot/cold flashes

Nausea and vomiting possible

Intense and close contractions, may be 1-2 minutes apart

8-10 cm

Shaking/trembling

pushing

Intense pelvic pressure

Urge to push

3 stages of pushing:
Resting—you may get a break from contractions
Descent—longest
Crowning—baby born

post birth

Placenta birth

Uterine massage

Repair tears if needed