

Stages of Labor

Each birthing journey is unique. Four “stages” often define the birth process. You may find it helpful to review this more fluid and flowing labor journey! The seven birthing “phases” may help you better understand labor. Some suggested comfort measures and an activity are available on page two.

1st Stage: begins with onset of labor

Phase I - Preparatory

Phase II - Dilation

- ▶ ***Early***
- ▶ ***Active***
- ▶ ***Transition***

Phase III - Resting

2nd Stage: begins when your cervix is completely open

Phase IV - Active pushing

Phase V - Crowning and BIRTH

Phase VI - Post-birth

3rd Stage & Phase VII - Birth of Placenta

4th Stage: first several hours post-birth



Comfort Measures for Labor

✓ the things you plan to do to stay comfortable in labor & then write the labor phase you feel you might want to use it in.

Movement: walking, rocking, dancing, stair climbing

Verbal affirmations from support person(s)

Touch: massage, TENS unit, Back pressure

Heat: Rice sock/hot water bottle, shower, hot towels

Music: birth play list, sing, tv on music station

Relaxation: Rhythmic breathing, thinking of favorite place

Self-hypnosis techniques/imagery: waves, flowers opening

Use of comfort tools: birth ball, massage wand, cold pack

Hire a doula for emotional and physical support

Water (Bath/Birth pool/shower, hot washcloths/towels)

Vocalizing: Singing, moaning, chanting, praying

Other: