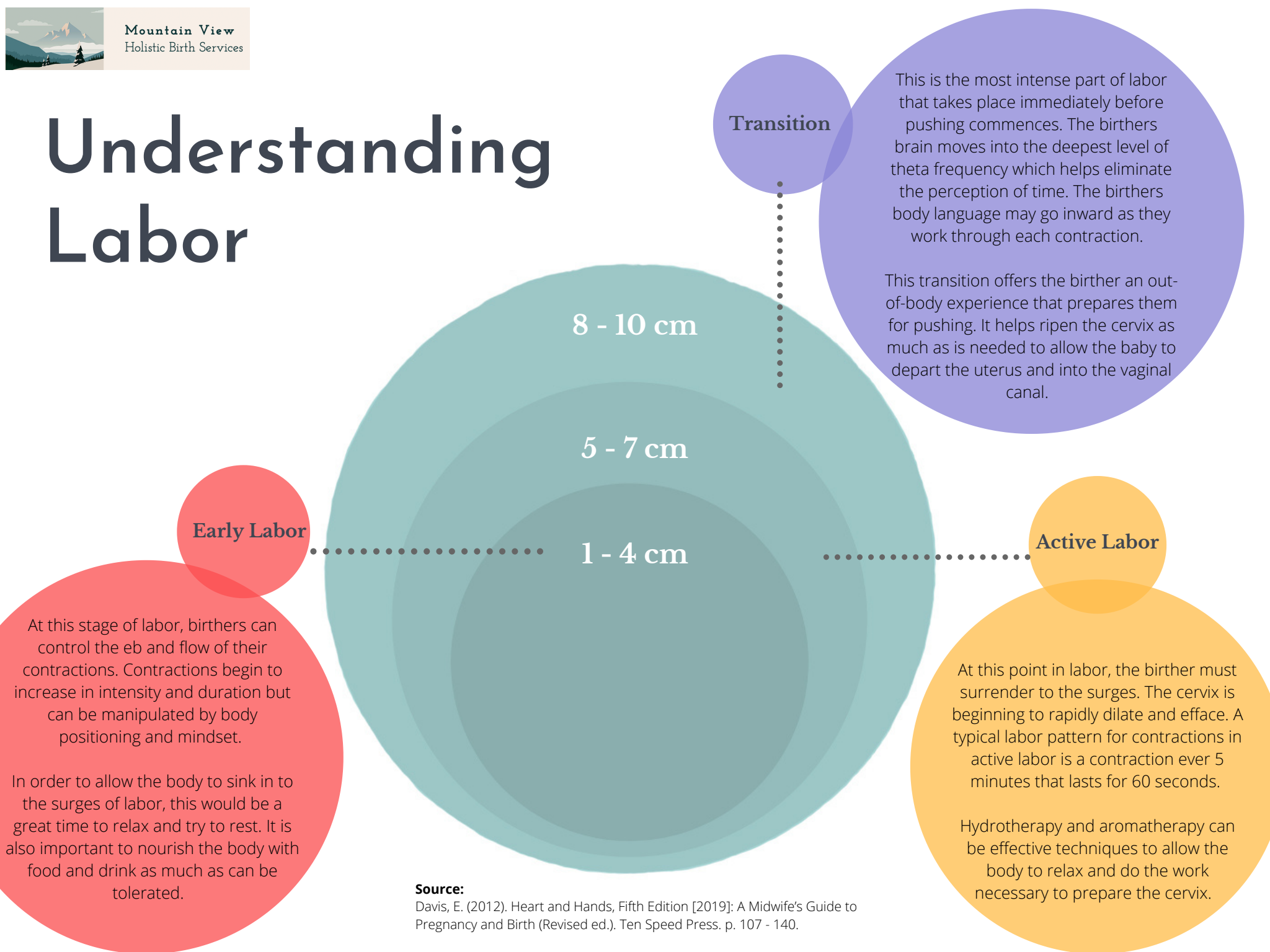




Understanding Labor



Early Labor

At this stage of labor, birthers can control the eb and flow of their contractions. Contractions begin to increase in intensity and duration but can be manipulated by body positioning and mindset.

In order to allow the body to sink in to the surges of labor, this would be a great time to relax and try to rest. It is also important to nourish the body with food and drink as much as can be tolerated.

8 - 10 cm

5 - 7 cm

1 - 4 cm

Transition

This is the most intense part of labor that takes place immediately before pushing commences. The birthers brain moves into the deepest level of theta frequency which helps eliminate the perception of time. The birthers body language may go inward as they work through each contraction.

This transition offers the birther an out-of-body experience that prepares them for pushing. It helps ripen the cervix as much as is needed to allow the baby to depart the uterus and into the vaginal canal.

Active Labor

At this point in labor, the birther must surrender to the surges. The cervix is beginning to rapidly dilate and efface. A typical labor pattern for contractions in active labor is a contraction ever 5 minutes that lasts for 60 seconds.

Hydrotherapy and aromatherapy can be effective techniques to allow the body to relax and do the work necessary to prepare the cervix.

Source:

Davis, E. (2012). Heart and Hands, Fifth Edition [2019]: A Midwife's Guide to Pregnancy and Birth (Revised ed.). Ten Speed Press. p. 107 - 140.