

Giving Birth

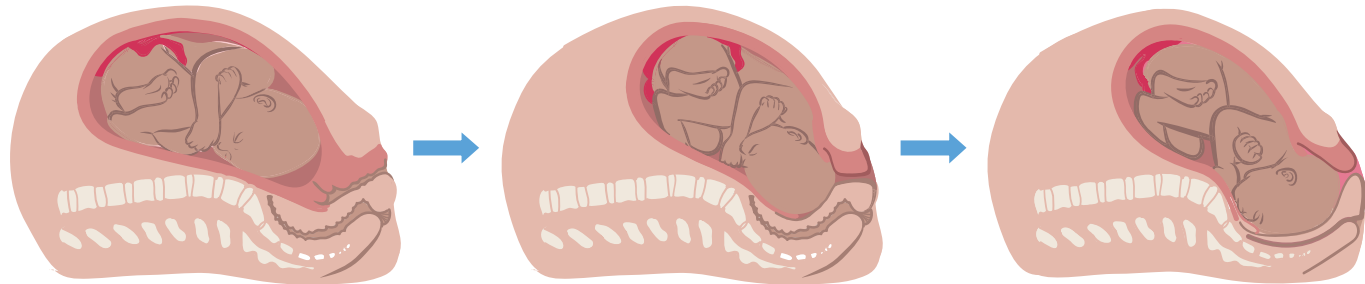
How Long Does Labour Last?

Labour is different for each person. On average, it can last anywhere from a few hours to a few days.

The 4 stages of labour and delivery:

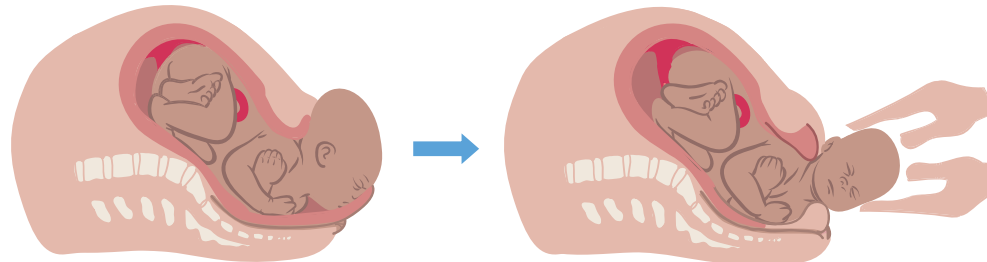
1st stage

You're in early and then active labour. Your cervix softens and thins ("effacement"), and opens ("dilation"). Your baby's head moves down in your pelvis as you breathe through contractions.



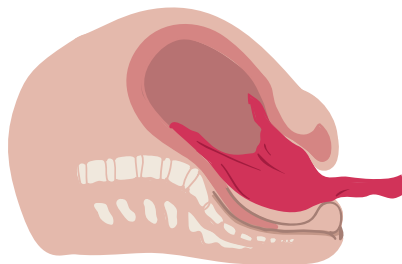
2nd stage

Your cervix is fully dilated. You push with contractions, rather than breathe through them. Your baby is born.



3rd stage

Hold your baby skin-to-skin. They may breastfeed or chestfeed or nuzzle your breast or chest. The placenta is delivered.



4th stage

In these first few hours after birth, continue to hold your baby skin-to-skin – until the end of your first feeding or for as long as you like. For the first hour, skin-to-skin contact should be constant. Your partner or support person can do this if you're unable. Your baby may also be ready to latch on to your breast or chest.

