Risks:

Failure to progress

Hemorrhage

*Risks can result in transition to c-section*

Benefits:

Faster recovery

No surgery

Stage 1—Early labor and active labor

Longest stage of labor (lasts 8-24 hours)

Starts when you begin to feel contractions

Stage 2—Pushing Stage

Most painful stage

May last a few minutes to a few hours

Stage 3—Placental Stage

Lasts a few minutes to 30

minutes, but can take longer

Induction in pregnancy is prompting the uterus to begin the first stage of labor before it would begin on its own.

Reasons/Causes

* + Pregnancy going beyond due date (usually 1-2 weeks)
  + Labor doesn’t begin after water breaks
  + Pregnancy complications

Resources:

Mayo Foundation for Medical Education and Research. (2022, January 13). *Stages of labor and birth: Baby, it’s time!* Mayo Clinic. https://www.mayoclinic.org/healthy-lifestyle/labor-and-delivery/in-depth/stages-of-labor/art-20046545

Vaginal delivery - statpearls - NCBI bookshelf. (n.d.). https://www.ncbi.nlm.nih.gov/books/NBK559197/

6-8 weeks healing

Short stay in hospital after birth (if no complications)

**Natural Childbirth**

**What are the stages of natural childbirth?**

**Induction: What is it and what are the causes?**

**Risks and Benefits**

**After Birth Timeline**

**EXAMPLES**

**NON-EXAMPLES**