

NATURAL CHILDBIRTH GUIDED NOTES TEACHER'S COPY

What are the stages of natural childbirth?

- 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: What is it and what are the causes?

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

Natural Childbirth

Risks and Benefits

Risks:

Failure to progress
Hemorrhage
Risks can result in transition to c-section

Benefits:

Faster recovery
No surgery

After Birth Timeline

6-8 weeks healing

Short stay in hospital after birth
(if no 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/>