

# Stages of Labour



## EARLY, EARLY LABOUR

*Irregular tightenings/cramps/back pain*

Rest, relax, pamper, sleep

Nest, cook, prepare

## EARLY LABOUR

*Irregular surges; an awareness of muscular activity*

Rest on your side, turn down the lights, sleep

**Relaxation breathing**



## ESTABLISHED LABOUR

*Surges become more regular and have more meaning*

Start tuning in, sit up in bed, sit on birth ball

**Balloon breathing, Bubble breathing**

## TRANSITION / NEARLY THERE!

*The phase between the up & down stage*

Fever, self-doubt, a wobble or panic

... or totally seamless!

**Recognise it and remain calm & confident**



## BIRTH

*Productive, downwards sensations - poo bum!*

Follow the lead of your body, give it time

**Feather Breath, Birth Breathing**

## GOLDEN HOUR / PLACENTA DELIVERY

*An undisturbed hour of skin to skin after your baby is born*

Bond, regulate, oxytocin production

**Birth Breathing, stand up if placenta is stubborn!**

