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| <p>Contractions are about 20 minutes apart, and last 30—40 seconds. They are a little uncomfortable at the peak, but you're relaxed between contractions.</p> <p>Where are you in labor? What would be helpful to do</p> | <p>Contractions are 8 minutes apart, and last 30-45 seconds. They're uncomfortable, and you have a hard time sitting still during them.</p> <p>Where are you in labor? What would be helpful to do</p> | <p>It's the middle of the night. Contractions are 15-20 minutes apart, and last 30-45 seconds. They're uncomfortable, and wake you up. You want to rest before labor gets stronger.</p> <p>Where are you in labor? What would be helpful to do</p> |
| <p>Contractions are about 5 minutes apart, and last for about 50 seconds. They are painful at the peak. In between contractions, mom can relax her muscles, but wants to focus only on labor.</p> <p>Where are you in labor? What would be helpful to do</p> | <p>Your contractions are about 4 minutes apart, and last for 60 seconds. They're intense, and you feel you need to be active during them. Quiet breathing is no longer enough to help you cope.</p> <p>Where are you in labor? What would be helpful to do</p> | <p>Contractions are about 3 minutes apart, and last for 60 seconds. Mom's feeling lots of pressure on her back during contractions.</p> <p>Where are you in labor? What would be helpful to do</p> |
| <p>You've been in labor for 18 hours. Contractions are 4 minutes apart, lasting 45 seconds. You were in the bathtub for 2 hours, now the nurse encourages you to be more active, to speed labor.</p> <p>Where are you in labor? What would be helpful to do</p> | <p>Contractions are only 3 minutes apart, lasting anywhere from 60 seconds each to 90 seconds. The contractions are very intense, and it's hard for mom to relax in between.</p> <p>Where are you in labor? What would be helpful to do</p> | <p>Contractions are 2 minutes apart, and 75 seconds long. Very intense. Mom is distressed, demanding that you make it stop hurting, and saying "I can't, I can't." She's too hot, then too cold.</p> <p>Where are you in labor? What would be helpful to do</p> |
| <p>Cervix is fully dilated. Mom says she feels like she needs to have a bowel movement, and she is grunting and groaning during contractions.</p> <p>Where are you in labor? What would be helpful to do</p> | <p>Second stage was going very quickly, and your caregivers have encouraged mom to lie on her side to help slow it down a little to give her perineum time to stretch.</p> <p>Where are you in labor? What would be helpful to do</p> | <p>The baby is crowning, and mom is actively pushing. Her doctor has encouraged her to take whatever position works best for her.</p> <p>Where are you in labor? What would be helpful to do</p> |