

The Stages of Labor

3rd Edition



A Visual Guide

Introduction

The Stages of Labor 3rd Edition allows you to show viewers exactly what happens inside a woman's body during labor and birth, so you don't have to struggle with dated visual aids. Vivid 3D animation shows how contractions open the cervix, cause the baby to descend, and ultimately bring about the baby's birth. At the same time, personal birth stories highlight common emotions that occur during each stage, along with coping strategies and tips for partners. This guide helps you adapt the video to your own lesson plan so that you and your students get the most out of the program.

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Note:

*If you have purchased the Spanish version of this program, go to **InJoyHealthEducation.com** to download the Parent Handouts in Spanish.*



Empowering families together.

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Suggested Uses for Program

Use this program in childbirth classes, secondary schools, teen pregnancy groups, clinics, and home visitations by nurses. The two target audiences of this program are: 1) expectant parents; and 2) students studying biology, anatomy, health, or family and consumer science.

Audience Objectives

After viewing the video and participating in the activities, your audience should be able to:

- Understand the anatomy of pregnancy
- Differentiate between the signs of pre-labor and the onset of labor
- Explain the distinction between the four stages of labor
- Explain how the cervix dilates and effaces during each stage of labor
- Describe typical emotions during each stage
- Identify the average time lengths for each stage of labor
- Understand how the baby moves through the pelvis and birth canal during the second stage
- List some ways Mom can cope with contractions, including how partners can help
- Explain the benefits of immediate skin-to-skin contact and keeping Mom and newborn together

Facilitator Preparation

- Review the video and facilitator's guide before class. Print the needed amount of parent handouts (included in this guide on pages 6-7)
- In class, facilitate a group discussion based on the Discussion Questions Prior to Viewing (pg. 4)
- Present the video, stopping it as needed
- Facilitate a group discussion based on the Discussion Questions After Viewing (pg. 5)
- Distribute and review the parent handout: Stages of Labor Summary Chart (pg. 6)
- Use the Bonus Materials: Digital Posters (access from the Main Menu) to review information during the same or subsequent classes, or use the images for reference when answering questions
- Prepare the vocabulary activity by printing copies or projecting it, and lead students in the activity (pg. 7)
- Involve students in the follow-up activities (pg. 8).

Feel free to adjust any part of the presentation to fit your particular teaching needs.

Featured Families

To facilitate an organized class discussion, it may help to refer to the different families in the featured program by name.



Jillian & Adrian



Kevin & Jackie



Natasha & Orion



Lea (with her sister, Sam)

Program Overview

- **Introduction**
- **Anatomy of Pregnancy**
 - Uterus, cervix, birth canal/vagina, mucous plug, placenta, umbilical cord, amniotic sac, amniotic fluid
- **Pre-Labor Signs**
 - Braxton-Hicks contractions (preterm labor alert)
 - Lightening/engagement
 - Release of mucous plug
 - Other symptoms
- **Onset of Labor**
 - Regular contractions
 - Breaking of the waters
- **Labor Overview**
 - First Stage – Cervix opens
 - Second Stage – Birth
 - Third Stage – Placenta
 - Fourth Stage – Recovery
- **First Stage: Early Labor**
 - Cervical dilation: 0-6 cm
 - Contractions: 5-30 minutes apart, 30-45 seconds each
 - Length: 6-12 hours, or up to a day or more
 - Emotions: excited, nervous
 - Labor support: help Mom rest, go on an easy walk together, or do other light activities
- **First Stage: Active Labor**
 - Cervical dilation: from 6-8 cm
 - Contractions: 3-5 minutes apart, 45-60 seconds each
 - Length: 3-5 hours
 - When to go to the hospital
 - Emotions: inward focus, increased need for physical and emotional support
 - Labor support: provide encouragement, suggest and help Mom with position changes and other relaxation techniques
 - Internal rotation: anterior and posterior fetal positions
- **First Stage: Transition**
 - Cervical dilation: 8-10 cm
 - Contractions: 1-3 minutes apart, 60-90 seconds each
 - Length: 30 minutes-2 hours
 - Emotions: irritability, disorientation, dependence on others
 - Labor support: help Mom focus with direct eye contact, use to-the-point instructions, provide emotional support
- **Second Stage**
 - Cervical dilation complete
 - Contractions: 3-5 minutes apart, 60 to 90 seconds each
 - Length: 20 minutes - 3 hours or more
 - Emotions: overwhelming mix, exhaustion, second wind, excitement
 - Labor support: help Mom change into positions, provide focus and emotional support, remind her to rest between pushes
 - Pushing
 - Descent/pelvic station
 - Crowning
 - Birth
- **Third Stage**
 - Benefits of immediate skin-to-skin contact
 - Cutting the umbilical cord
 - Placenta delivery: 5-20 minutes after birth
 - Emotions: relief, joy
- **Fourth Stage**
 - Recovery time for mother and baby
 - Involution
 - Breastfeeding/bonding
 - Conclusion

Bonus Materials: Digital Posters

(access from the main menu)

Use these digital posters to review information or as a reference for answering questions. (Not intended for printing.)

- **Anatomy & Onset Images**
 - Anatomy of pregnancy
 - Lightening
 - Water breaking (with “COAT” reminder)
- **Labor Overview & 1st Stage Images**
 - Stages of labor summary
 - Early labor contraction graph
 - Active labor contraction graph
 - Anterior and posterior positions
 - Transition contraction graph
- **2nd Stage Images**
 - 2nd stage contraction graph
 - Pelvic station
 - Bony plates
 - Crowning
 - Birth process
- **3rd & 4th Stage Images**
 - Placenta delivery
 - Involution process

Discussion Questions Prior To Viewing

1. What images do you have of labor and childbirth? Where do these images come from?

It's interesting to see what kind of images students get from the media because labor and childbirth are seldom represented in a realistic way.

2. Have you ever attended or seen an actual birth?

This will help you gauge how much your class may know or what they expect to see during the program.

3. How long do you think labor lasts?

Students may be surprised to learn that labor lasts an average of 6 to 24 hours and can be much longer.

4. What are some signs that a woman might be in labor?

Students may know from TV, movies, or personal experience, that breaking the waters or regular contractions signal to a woman that her labor is beginning.

5. What is a contraction and what does it do?

Students have probably heard the word "contraction" associated with labor many times, but they may not realize that it is referring to the muscular uterus contracting to open the cervix and push the baby down and out the birth canal.

6. How do you think labor and childbirth affects a woman emotionally?

Childbirth is not only a physical journey, but an emotional one as well. It may be interesting to see how the males and females in the class respond differently to this question.

Discussion Questions After Viewing

1. How did your initial images of childbirth compare with what you saw in the video?

Discuss whether your students' images of childbirth before watching the video were accurate.

2. How do the different pre-labor signs help a mother get ready for actual labor? Does this mean that she is truly in labor?

Warm-up contractions help to strengthen the uterus for labor, lightening prepares the baby's position, flu-like symptoms clean out a pregnant woman's system, the nesting instinct helps her prepare for the baby, and the passing of the mucous plug means the cervix is opening and softening. These signs do not mean that labor is beginning, but signal that labor is approaching.

3. What is the most common way that labor begins?

Usually labor begins with regular contractions that grow stronger, longer, and more frequent. Sometimes, labor starts with the breaking of the waters (for about 10 percent of women).

4. What are the stages of labor and how are they different?

First stage labor is divided up according to cervical dilation and length and duration of contractions. Second stage involves pushing and birth. Third stage is the delivery of the placenta. Fourth stage involves recovery and involution of the uterus.

5. Why is such a wide range of length of labor provided? What things can influence the length of labor?

A wide range was provided because every labor is unique. Some factors that influence the length of labor are: passenger (the baby's position), passageway (the pelvis and birth canal), powers (the strength and frequency of contractions), and psyche (the woman's mental state during labor). Also, second-time mothers generally have shorter labors than first-time mothers.

6. What were some of the emotional milestones associated with the different stages of labor? Why do you think the woman would feel that way?

Excitement, concentration, relief, irritability, and exhaustion are some of the emotional milestones. A woman may experience emotional changes during labor that reflect the physical challenges and changes her body is going through.

7. How does the baby move during labor to aid the birth process?

During pre-labor, the baby drops into the pelvis. During active labor, most babies turn to the anterior position to ease descent and delivery. The baby's skull is made up of separate bony plates that slide together to help the head fit through the birth canal in the second stage of labor.

8. Why must a mother deliver the placenta after birth? Why does the doctor or midwife check it?



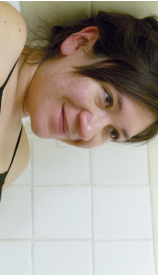










The placenta is an organ that develops during pregnancy and supports the fetus. After delivery, the placenta is no longer needed. The doctor or midwife will check it to be sure it appears healthy and that the entire organ has been expelled, which prevents infection and excessive bleeding. If the placenta hasn't been pushed out in one complete piece, the provider will determine if any procedures need to be used to help remove any remaining pieces.

9. What are some of the benefits of skin-to-skin contact between mother and baby immediately after birth?

It stabilizes the baby's temperature, breathing, and blood sugar levels. It also helps short- and long-term breastfeeding, and starts the bonding process.

10. (For high school students) Have students discuss how has this video has affected their views of sexuality and body image.

Stages Of Labor Summary Chart

	Length	Contractions	Dilation	Emotions	Tips
1st Stage Early Labor	0 12 6-12+ hours (could last a day or more)	 30-45 seconds each 5-30 minutes apart	0-6 cm 	Excited, anxious 	Stay at home, rest, take a short walk, or do light activities.
1st Stage Active Labor	0 12 3-5 hours	 45-60 seconds each 3-5 minutes apart	6-8 cm 	More serious, focused 	Use different positions, breathing, and relaxation techniques.
1st Stage Transition	0 12 30 min-2 hours	 60-90 seconds each 1-3 minutes apart	8-10 cm 	Frustrated, dependent 	You may feel nauseous or shaky. Support people need to provide focus.
2nd Stage Pushing & Birth	0 12 20 min-3 hours or more	 60-90 seconds each 3-5 minutes apart	10 cm 	Relieved, energized 	Use different positions to push. Support people can provide encouragement.
3rd & 4th Stages Placenta & Recovery	0 12 First few hours after birth	Weak infrequent contractions help deliver the placenta and start the process of involution (shrinking of the uterus)	The cervix closes in the days after birth.	Happy, bonding 	Hold your baby skin to skin for at least an hour right after birth.

Vocabulary Exercise

Have students fill in the blank, using the word list below.

1. A baby lives inside of his or her mother's _____, a strong balloon-shaped muscle that contracts during labor.
2. A mother's _____ must _____ to 10 centimeters so that her baby can be born. It must also completely _____, which means to thin out.
3. A baby drops further down in the pelvis before labor begins, usually during the last month of pregnancy. This is called _____.
4. When a pregnant woman feels like she has to immediately prepare for the baby, possibly by cleaning the house or setting up the crib, she may be experiencing the _____ _____, which is a sign of pre-labor.
5. If the bag of waters, or _____ _____ breaks, a woman can expect to be in active labor within 24 hours.
6. Forceful _____ that occur at regular intervals during labor push the baby further down in the pelvis.
7. When babies turn inside the pelvis during active labor it is called _____ _____. Most babies turn to face their mothers' backs, called the _____ position. If they turn and face their mothers' fronts, they are in the _____ position, which may cause a longer, more difficult labor.
8. The baby's position relative to the spines of the pelvis is called _____ _____.
9. Babies skulls are made up of separate _____ _____ that slide together to help them fit through the birth canal, also called the _____, for birth.
10. A baby's head _____ when it no longer slips back between contractions and stretches the mother's perineum to the fullest.
11. The _____ _____ is clamped and cut after birth because it no longer supplies the baby with food and oxygen.
12. The third stage of labor is marked by the delivery of the _____, a special organ created specifically for pregnancy.
13. Breastfeeding speeds the process of _____, when the uterus contracts and shrinks.

Word List:

amniotic sac
pelvic station
involution
umbilical cord
internal rotation
dilate

posterior
contractions
placenta
efface
bony plates
nesting instinct

anterior
lightening
cervix
uterus
crowns
vagina

Vocabulary Answer Key:

- | | |
|---------------------------|---|
| 1. uterus | 7. internal rotation, anterior, posterior |
| 2. cervix, dilate, efface | 8. pelvic station |
| 3. lightening | 9. bony plates, vagina |
| 4. nesting instinct | 10. crowns |
| 5. amniotic sac | 11. umbilical cord |
| 6. contractions | 12. placenta |
| | 13. involution |

Follow-Up Activities

1. Have students identify the location of the uterus, cervix, vagina, mucous plug, placenta, and umbilical cord on the *Anatomy of Pregnancy* digital poster included on the Bonus Materials.
2. Have students interview their parents, or other family member, about their personal birth experience. Interviewing people from different generations might show students how childbirth practices have changed over time.
3. Present a video clip from a popular TV program or movie that shows labor and birth. Have students compare and contrast the fictional labor and birth with those presented in *The Stage of Labor 3rd Edition: A Visual Guide*.
4. Have students use the dolls and uterus model that are common in childbirth preparation classes to show how the baby moves during labor and birth.
5. Invite new parents, possibly teens, into the classroom to discuss their personal experiences during labor. Or, invite a childbirth expert, such as a midwife, labor assistant, or obstetrician to discuss current issues or trends in childbirth.
6. Create a large chart that lists each stage of labor. Under each heading, have the students fill in the cervical dilation, length of time between contractions, duration of each contraction, emotional milestone, and average time length specifically for pregnancy.