

Stages of labour / SMA Nutrition.

Contributors

SMA Nutrition.

Publication/Creation

Taplow : SMA Nutrition, [1992?]

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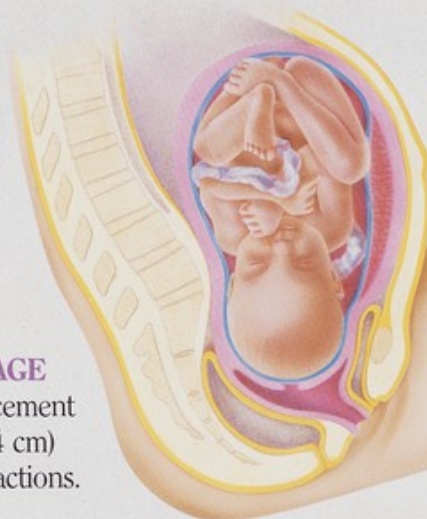


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Stages of Labour

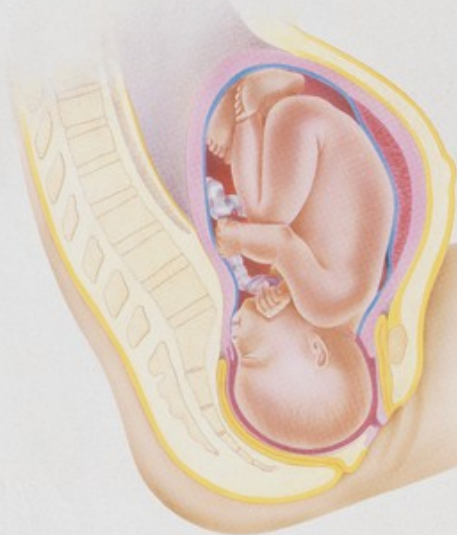
EARLY FIRST STAGE

Cervix begins effacement and dilatation (2–4 cm) with uterine contractions.



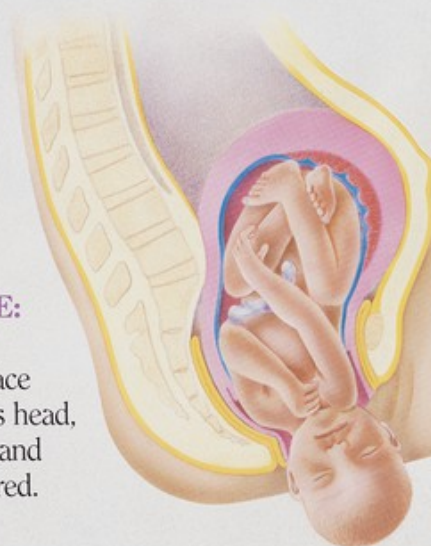
LATE FIRST STAGE

Cervix dilates fully (8–10 cm) as contractions continue. Baby rotates to face mother's back.



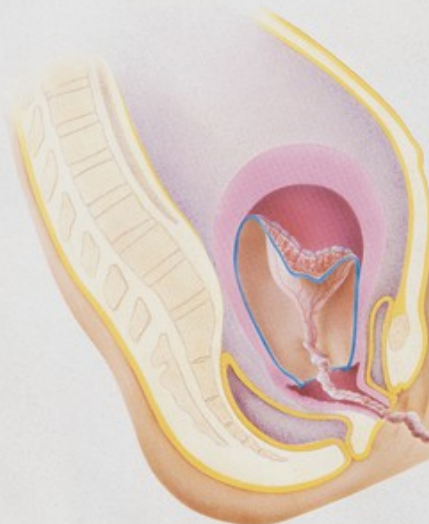
SECOND STAGE: BIRTH

Baby turns to face mother's side as head, then shoulders and body are delivered.



THIRD STAGE

Placenta detaches and is expelled as uterus contracts.



Sma
Nutrition

SIMPLY MORE ADVANCED

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