BIRTH

Giving Birth

How Long Does Labour Last?
Labour is different for each person. On average, it can last anywhere from a few hours to a few days.

The 4 stages of labour and delivery:

1\textsuperscript{st} stage
Your cervix softens and thins ("effacement"), and opens ("dilation"). Your baby’s head moves down in your pelvis.

2\textsuperscript{nd} stage
You push and your baby is born.

3\textsuperscript{rd} stage
The placenta is delivered, and you can hold your baby skin-to-skin. He may breastfeed or nuzzle your breast.

4\textsuperscript{th} stage
In these first few hours after birth, you can continue to hold your baby skin-to-skin – until the end of your first feeding or for as long as you like.