

Stages of Labor

As you near the birth of your baby, it is helpful to learn about the 3 stages of labor.

The First Stage of Labor

The first stage is the start of labor and lasts until the cervix is fully open at 10 centimeters. This is the longest stage of labor and can last 12-17 hours.

This stage is divided into early labor, active labor and transition.

1. During **early labor**, the cervix dilates from 0 to 3 centimeters. Contractions may last 30-60 seconds and occur every 5-20 minutes. There may be a pink, slightly bloody or mucous discharge from the vagina. Backache, nausea and diarrhea may also occur.
2. During **active labor**, the cervix dilates to about 7 centimeters. Contractions become stronger and longer, lasting about 1 minute and repeating every 2-4 minutes. Pain medicine may be given at this time.
3. During **transition**, the cervix dilates to 10 centimeters. Contractions are stronger and occur more often. Intense pressure in the lower back and rectum may be felt.

What you can do:

Relax between contractions. Use the breathing or relaxation techniques you learned in childbirth classes or ask your nurse for help. **Do not push until you are told to do so.**

What your partner can do:

Encourage and comfort. During early labor, help her change positions every 1-2 hours. Provide ice chips and lip balm. Use touch and massage. Use encouraging words.

Heerarka Foosha

Marka uu hadba soo dhawaado dhalashada ilmahaagu, waxa fiican oo gargaar leh in aad wax ka baratid 3-da heer ee foosha.

Heerka Koobaad ee Foosha

Heerka koobaad waa bilawga foosha waxana uu socdaa ilaa afka ilmo-galeenku si buuxda u furmayo taasoo ah 10 sentimitir. Kani waa heerka foosha ee ugu dheer waxana uu socon karaa 12 ilaa 17 saacadood.

Heerkan waxa loo kala qaybin karaa foosha hore, foosha firfircoon iyo kala-guurka.

1. Inta lagu jiro **foosha hore**, afka ilmo-galeenku waa uu furmaa taasoo ka bilaabmaysa 0 ilaa 3 sentimitir. Maroojintu ama fool-qabashadu waxay socon kartaa 30 ilaa 60 daqiiqo waxana ay dhici kartaa 5-tii ilaa 20-kii daqiiqadood kasta. Waxa laga yaabaa in dheecaan casaan ah, dhiig leh ama xab ah uu ka yimaado hoos. Waxa kale oo laga yaabaa in dhabar-xanuun, lallabo iyo shuban uu yimaado.
2. Inta lagu jiro **foosha firfircoon**, afka ilmo-galeenku waa uu weynaadaa ilaa 7 sentimitir. Fool-qabashooyinku way sii xoogeystaan oo sii dheeraadaan, iyaga oo jiraya qiyaastii 1 daqiiqad soona noqonaya 2-dii ilaa 4-tii daqiiqadood kasta. Waxa laga yaabaa in dawada xanuunka wakhtigan lagu siiyo.
3. Inta lagu jiro **kala-guurka**, afka ilmo-galeenku waa uu sii weydaa ilaa 10 sentimitir. Fool-qabashooyinku way ka sii xoog badan yihiin waxana ay dhacaan marrar ka sii badan intii hore. Waxa laga yaabaa in cadaadis weyn laga dareemo dhabarka dambe iyo malawadka.

Waxa aad sameyn kartid:

Is dabci inta u dhexeysa fool-qabashooyinka. Isticmaal tabaha neefsashada ama isdabcinta ee aad ku baratay fasalada dhalmada ama gargaar weydiiso kalkaalisadaada. **Ha riixin ilaa lagu sheego inaad sidaa sameysid.**

Waxa wehelkaagu sameyn karo:

Dhiirigali oo deji. Inta lagu jiro foosha hore, ka gargaar beddelidda habka jiifka 1-kii ilaa 2-dii saacadood kasta. Sii qaybo ah baraf iyo labeenta dibnaha. Isticmaal ereyo dhiirigalin leh.

The Second Stage of Labor

The second stage begins when the cervix is fully open and lasts until the baby is delivered, about 1-2 hours. During this time, staff will tell you when you can push and help support your body as you deliver your baby.

What you can do:

You will be encouraged to push with each contraction. You may be told to push more gently or to stop pushing at times.

What your partner can do:

Support her body during delivery. Encourage her and help her count while pushing.

The Third Stage of Labor

The third stage is the delivery of the afterbirth called the placenta. This is the shortest stage of labor, lasting 15-20 minutes.

What you and your partner can do:

Relax and enjoy this time with the baby.

Talk to the staff if you have any questions or concerns at any time during labor and delivery.

Heerka Labaad ee Foosha

Heerka labaad waxa uu bilaabmaa marka afka ilmo-galeenku si buuxda u furan yahay waxana uu socdaa ilaa ilmuhu dhalanayo, taasoo qaadata qiyaastii 1 ilaa 2 saacadood. Inta lagu jiro wakhtigan, shaqaalaha ayaa kuu sheegi doona goorta aad riixi kartid isla markaana gargaar ka geysan kara taageeridda jidhkaaga marka aad dhalaysid ilmahaaga.

Waxa aad sameyn kartid:

Waxa lagugu dhiirigalin doonaa in aad riixid la sameysid foolqabasho kasta. Waxa laga yaabaa in lagu sheego in aad si tartiib ah u riixdid ama aad joojisid riixidda marmarka qaarkood.

Waxa wehelkaagu sameyn karo:

Taageer jidhkeeda inta lagu jiro dhalista. Dhiirigali oo ka gargaar tirinta inta ay riixayso.

Heerka Saddexaad ee Foosha

Heerka saddexaad waa soo-bixista mandheerta ka dib dhalmada. Kani waa heerka ugu gaaban foosha, waxana uu socdaa 15 ilaa 20 daqiiqadood.

Waxa adiga iyo wehelkaagu sameyn kartaan:

Is dejiya oo wakhtigan ku istareexa ilmaha.

La hadal shaqaalaha haddii aad qabtid wax su'aalo ama walaac ah wakhti kasta inta foosha iyo dhalista lagu jiro.

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