

## Giving Birth

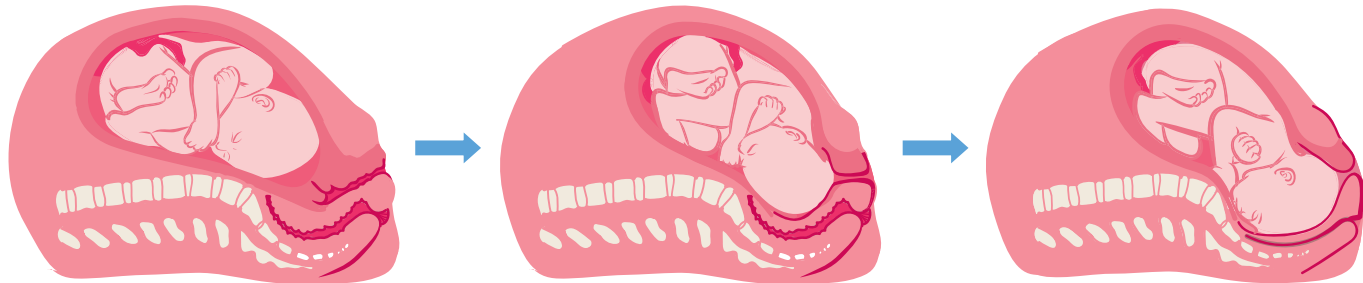
### How Long Does Labour Last?

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:

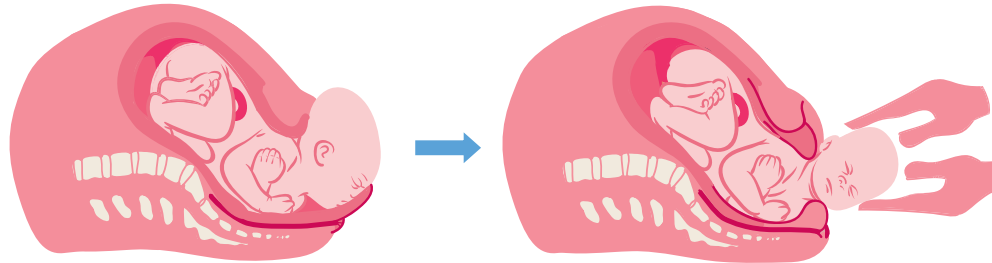
##### 1<sup>st</sup> stage

Your cervix softens and thins ("effacement"), and opens ("dilation"). Your baby's head moves down in your pelvis.



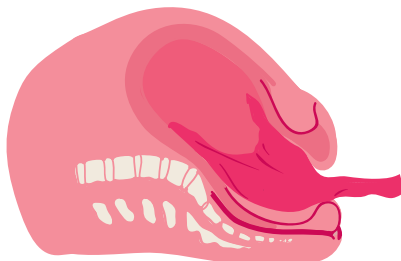
##### 2<sup>nd</sup> stage

You push and your baby is born.



##### 3<sup>rd</sup> stage

The placenta is delivered, and you can hold your baby skin-to-skin. He may breastfeed or nuzzle your breast.



##### 4<sup>th</sup> 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.

