

# LABOR & DELIVERY GUIDE:

## Stages, Pain Relief, and Support



### Phases of Labor and Delivery:

#### Early Labor (0-6 cm)



Mild contractions, often at home.

#### Active Labor (6-10 cm)



Stronger contractions; additional pain management options may be needed.

#### Delivery



Pushing and meeting your baby!

#### After Delivery



Delivering the placenta while bonding with baby.

### When to Head to the Hospital:

- Contractions every 2-5 minutes for at least an hour.
- Water breaking.
- Bleeding like a period.
- Gut feeling that something's off.
- Change in baby movements.



### Pain Management Options:



**Natural options:** Acupressure, birthing ball, birthing comb, breathing, hydrotherapy, meditation.



**Medications:** Nitrous oxide, IV meds, epidural.

### Partner Support Tips:

- Be the cheerleader! Encouragement matters.
- Practice comfort techniques ahead of time.
- Keep track of questions and advocate when needed.



### What If Plans Change?

- C-sections happen for safety. We aim to honor your preferences where possible.
- Inductions are offered for medical reasons or personal comfort.
- Trial of Labor After Cesarean (TOLAC) is available if you're a good candidate.



### Start Your Birth Journey:

Learn more about Livingston HealthCare:  
[livingstonhealthcare.org/services/family-birth-center](http://livingstonhealthcare.org/services/family-birth-center)

Sign up for a tour:  
[livingstonhealthcare.org/contact-us](http://livingstonhealthcare.org/contact-us)  
(choose "Tour Family Birth Center" in dropdown)

Schedule an appointment to meet our team: 406.222.3541