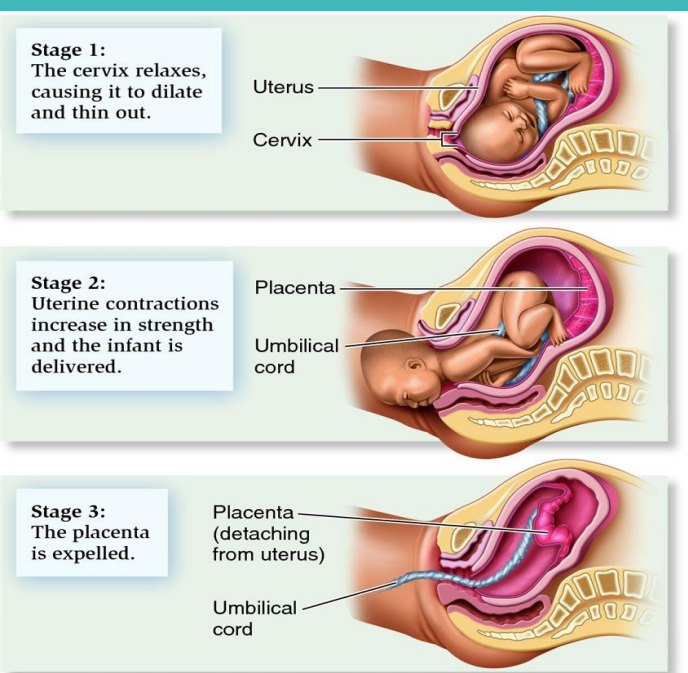


# LABOUR AND DELIVERY PROCESS (WHAT EVERY MOTHER SHOULD KNOW)



## Stages of Labour

- Early labour
- Active labour
- Transition
- Delivery of baby
- Delivery of placenta.

## Signs of Labour

- Regular contractions
- Water breaking
- Bloody show
- Back pain
- Pelvic pressure.



## Pain Management Options

- Breathing techniques
- Movement/positioning
- Epidural
- Medications
- Natural coping strategies

## Possible Interventions

- Induction
- Assisted delivery (forceps/vacuum)
- Cesarean section



## Post-Delivery Care

- Immediate skin-to-skin
- Monitoring mother and baby,
- Initiation of breastfeeding
- Emotional support

*“From First Contraction to First Cry”*