



MOM'S GUIDE

Motherhood in every stage

Stages **of Labor**

What you need to know

What happens

during labor

Contractions

At first, light contractions that could be 20 minutes apart or more.

Contractions get stronger, 4-5 minutes apart and may last up to 60 sec long. Head to the delivery facility now.

Contractions now at 2 or 3 minutes apart, lasting up to 9- sec. Cervix gets completely dilated to 8-10 cm.

01



02

Delivery of the Baby

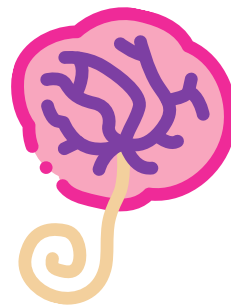
Starts when the cervix is fully dilated. After your baby's head is delivered, the rest of the baby's body will come out easily.



03

Delivery of the Placenta

The placenta comes out after the baby within 5-30 minutes, sometimes longer. You can try breastfeeding your baby at this stage.



04

Postpartum

Recovery can take between 3-6 weeks. Bonding between the mother and the baby begins. This can be enhanced by skin-to-skin contact and breastfeeding.



Gift Ideas for Expecting *Moms*



Tula Explore Baby Carrier

- Securely holds baby and promotes physical development
- Versatile positions, breathable cotton material, adjustable width, and padded support for comfort
- Easily adjustable to fit different body types/sizes



Graco Fastaction Jogger LX

- One-hand fold
- Rugged, 30 lbs
- Storage, canopy
- All-terrain, reclining seat
- 5-point harness, converts to 3-point
- Compatible with infant seats
- Reflectors, safety tether.



Halo Bassinet Swivel Sleeper 3.0

- Lowering wall for easy access
- 360-degree swivel for proximity
- Adjustable height to fit any bed
- Suitable for newborns up to 5 months, <20lbs
- 30% lighter than previous models

UC Baby
3D ULTRASOUND

Happy Mother's Day

May 14, 2023





Ready to meet
your *little angel?*



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