

The Stages of Labor

	<p><i>not started</i> not underway with intensity</p> <p>Early</p>		
<p>Hours To Days</p>	<p>0-3 cm</p>	<p><i>you & your LOVE PARTNER</i></p>	
	<p><i>regular</i></p> <p>Active</p>		
<p>3-5 Hours</p>	<p>3-7 cm</p>	<p><i>100% of DILATION</i> AND YOU'LL COME</p>	
	<p>Transition</p>		
<p>10-2 Hours</p>	<p>7-10 cm</p>	<p>AND YOU'LL STAY</p>	
	<p>Pushing</p>		
<p>10-2 Hours</p>	<p>10 cm</p>	<p>YOU PUSH</p>	