

## The Birth Process :

will be either a vaginal birth, or a caesarean section ( C-section )

## Vaginal Birth Process.....

- started by dramatic hormone level changes  
estrogen and progesterone drop

**Stage 1 : the dilation stage** (2 - 20 hrs or more)  
prostaglandin hormones are made....cause the release of oxytocin and uterine contractions begin ( labour contractions )

The cervix opens (dilates) and the amnion breaks, the amniotic fluid is released through the vagina ( the “water breaks” )

**Stage 2 : “Expulsion”** ( ½ hr to 2 hrs )

Contractions of uterine muscles push the baby headfirst through the cervix and vagina. The head rotates downwards as the top of the head emerges from the vagina ( “crowning” ). The baby eventually emerges and the umbilical cord is clamped and cut.

### Stage 3 : “Placental Stage” or “afterbirth”

10 - 15 minutes after the baby is born, the placenta detaches from the uterus, and with the remaining umbilical cord, is passed through the vagina.

### C-Section :

Surgeons cut into moms skin, abdominal fat, abdominal muscles, uterus, and open the amniotic sac. The fetus is removed from this opening. This may be performed in cases where emergency delivery is needed, there's a small pelvis, or an STI might harm the child.