

# Labor & Delivery: Easy as ABC and 123

Match each description of the events below: write the letter of the Phase of Labor or the number of the stage of Labor and Delivery in the blank space provided.

## Phases of Labor

- A. Early labor
- B. Active labor
- C. Transition

## Stages of Labor and Delivery

- 1. Opening of the cervix
- 2. Birth of the baby
- 3. Delivery of the placenta

- \_\_\_\_\_ 1. Contractions are longest and strongest
- \_\_\_\_\_ 2. Mother is coached to push baby out during contractions
- \_\_\_\_\_ 3. Mother has mild contractions and gives a small push
- \_\_\_\_\_ 4. Labor begins at random and becomes more regular
- \_\_\_\_\_ 5. Mother dilates from 4-8 centimeters
- \_\_\_\_\_ 6. Nurse massages the mother's abdomen
- \_\_\_\_\_ 7. Cervix is fully dilated
- \_\_\_\_\_ 8. Health care provider stitches the episiotomy
- \_\_\_\_\_ 9. Cervix dilates from 0 to 10 centimeters
- \_\_\_\_\_ 10. Baby utters first cry
- \_\_\_\_\_ 11. Uterus contracts to expel the placenta
- \_\_\_\_\_ 12. Baby's head can be seen
- \_\_\_\_\_ 13. Contractions are 2 – 5 minutes apart

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- \_\_\_\_\_ 14. Mother is reminded not to push
- \_\_\_\_\_ 15. Mother is cleaned thoroughly and monitored
- \_\_\_\_\_ 16. Mother dilates from 8 cm to 10 cm
- \_\_\_\_\_ 17. Mother feels frustrated and cranky
- \_\_\_\_\_ 18. Provider drains mucus from baby's mouth and throat
- \_\_\_\_\_ 19. Mother feels nauseous.
- \_\_\_\_\_ 20. Contractions are 5 – 30 minutes apart
- \_\_\_\_\_ 21. Mother feels extremely hot or cold
- \_\_\_\_\_ 22. Relaxation and breathing techniques are used
- \_\_\_\_\_ 23. Mother shivers uncontrollably
- \_\_\_\_\_ 24. Cervix dilates from 0 – 10 centimeters
- \_\_\_\_\_ 25. Mother can eat and drink lightly

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## Teacher Key

1. C

2. 2

3. 3

4. A

5. B

6. 3

7. C

8. 3

9. 1

10. 2

11. 3

12. 2

13. B

14. C

15. 3

16. C

17. B

18. 2

19. C

20. A

21. C

22. 1

23. 3

24. 1

25. A