

# Marxadaha Laxawga Dhalmada

## Stages of Labor

As you near the birth of your baby, it is helpful to learn about the 3 stages of labor.

### The First Stage of Labor

The first stage is the start of labor and lasts until the cervix is fully open at 10 centimeters. This is the longest stage of labor and can last 12 to 17 hours.

This stage is divided into early labor, active labor and transition.

1. During **early labor**, the cervix dilates from 0 to 3 centimeters. Contractions may last 30 to 60 seconds and occur every 5 to 20 minutes. There may be a pink, slightly bloody or mucous discharge from the vagina. Backache, nausea and diarrhea may also occur.
2. During **active labor**, the cervix dilates to about 7 centimeters. Contractions become stronger and longer, lasting about 1 minute and repeating every 2 to 4 minutes. Pain medicine may be given at this time.
3. During **transition**, the cervix dilates to 10 centimeters. Contractions are stronger and occur more often. Intense pressure in the lower back and rectum may be felt.

### What you can do:

Relax between contractions. Use the breathing or relaxation techniques you learned in childbirth classes or ask your nurse for help. Do not push until you are told to do so.

Maadaama aad u sii dhawaanayso dhalidda canuggaaga, waa mid ku caawinayso in aad barato 3 da heer ee foosha.

### Heerka Koowaad ee Foosha

Heerka koowaad waa bilaabashada foosha waxayna sii socota ilaa afka ilma galeenku uu si buuxda ugu furmo 10 sintimitir. Kani waa heerka ugu dheer ee foosha waxa uuna socon karaa 12 ilaa 17 saacadood.

Heerkaan waxaa loo qaybiyaa foosha hore, foosha socota, iyo kala guurka.

1. Inta lagu guda jiro **foosha hore**, afka ilma galeenku waxa uu kala baxaa laga bilaabo 0 ilaa 3 sintimitir. Isu imaatanka waxa uu socon karaa 30 ilaa 60 ilbiriqsi wuxuuna dhacaa 5 ilaa 20-daqiqo ee kasta. Waxaa jira kara dheecaan casaan xigeen ah, yara dhiig wata ama duuf u yara eg oo ka imaanaya xubinta taranka. Dhabar xanuun, lalabo iyo shuban ayaa sidoo kale dhici kara.
2. Inta lagu guda jiro **foosha socota**, afka ilma galeenku waxa uu kala baxayaa ku dhawaad 7 sintimitir. Isu imaatanku waxaa uu noqonayaa mid xoogan muddo dheer na qaata, kaasoo soconaya ku dhawaad 1 daqiqo wuxuuna soo noqonayaa 2 ilaa 4 daqiqo ee kasta. Daawada xanuunka ayaa la siinaya waqtigaan.
3. Inta lagu guda jiro **kala guurka**, afka ilma galeenku waxa uu kala baxayaa ilaa 10 sintimitir. Isu imaatanku waa mid xooggan wuxuuna dhacaa inta badan. Cadaadis xoog badan ayaa laga dareemi karaa dhabarka hoose iyo dabada.

### Waxa aad samayn karto:

Naso inta u dhaxaysa isku tagga. Isticmaal xeeladaha neefsigga ama nasashada ee aad ka baratay casharradii dhalmada canugga ama weydii kalkaalisadaada in ay ku caawiso. Ha riixin ilaa lagu sheego in aad sidaa samayso.

**What your partner can do:**

Encourage and comfort. During early labor, help her change positions every 1 to 2 hours. Provide ice chips and lip balm. Use touch and massage. Use encouraging words.

**The Second Stage of Labor**

The second stage begins when the cervix is fully open and lasts until the baby is delivered, about 1 to 2 hours. During this time, staff will tell you when you can push and help support your body as you deliver your baby.

**What you can do:**

You will be encouraged to push with each contraction. You may be told to push more gently or to stop pushing at times.

**What your partner can do:**

Support her body during delivery. Encourage her and help her count while pushing.

**The Third Stage of Labor**

The third stage is the delivery of the afterbirth called the placenta. This is the shortest stage of labor, lasting 15 to 20 minutes.

**What you and your partner can do:**

Relax and enjoy this time with your baby. Talk to the staff if you have any questions or concerns at any time during labor and delivery.

**Waxa uu lamaanahaagu samayn karaa:**

Dhiirri gali una nasteexee. Inta lagu guda jiro foosha hore, ka caawi in ay booska baddalato 1 ilaa 2 dii saac ee kasta. Sii baraf yaryar iyo rooseeto. Isticmaal taabasho iyo daliigid. Isticmaal ereyo dhiirri galin ah.

**Heerka Labaad ee Foosha**

Heerka labaad waxa uu bilaabanayaa marka afka ilma galeenka uu si buuxda u furmo wxuuna soconayaa ilaa canuggu ka dhasho, ku dhawaad 1 ilaa 2 saacadood. Inta lagu guda jiro waqtigaan, shaqaalaha ayaa kuu sheegi doona marka aad riixi karto waxayna kaa caawin karaan in ay taageeraan jirkaaga marka aad dhalayso canuggaaga.

**Waxa aad samayn karto:**

Waxaa laguugu dhiirri galin doonaa in aad riixdo isu imaatan kasta. Waxaa dhici karta in lagu sheego in aad si wanaagsan u riixdo ama aad joojiso riixidda waqtiyada qaar.

**Waxa uu lamaanahaagu samayn karaa:**

Taageer jirkeeda inta lagu guda jiro dhalmada. Dhiirri gali kuna taageer tiro marka ay riixayso.

**Heerka Saddexaad ee Foosha**

Heerka saddexaad waa soo saaridda waxa dhalmada ka danbeeya ee loo yaqaan madheerta. Kani waa heerka ugu gaaban ee foosha waxa uuna socon karaa 15 ilaa 20 daqiiqo.

**Waxa adiga iyo lamaanahaagu aad samayn kartaan:**

Istareex oo la raaxayso canuggaaga waqtigaan. La hadal shaqaalaha haddii aad qabto wax su`aal ah ama wewel ah waqti kasta inta lagu jiro foosha iyo dhalmada.

**Talk to the staff if you have any questions or concerns at any time during labor and delivery.**

**La hadal shaqaalaha haddii aad qabto wax su`aal ah ama wewel ah waqti kasta inta lagu jiro foosha iyo dhalmada.**