

# Labor & Delivery Sorting & Sequence Activity

Place the slips in envelopes and give to small groups of students. Have them label 3 whiteboards as Stage 1, Stage 2 and Stage 3. Once students have events sorted into correct stages have them place the events in the right sequence.

Statements for slips:

- Water breaks
- Transition
- Contractions come closer together
- The placenta is delivered
- The cervix has fully dilated
- Near the end of this stage, contractions are strong and frequent
- Longest stage
- Forceps may be used if necessary
- Episiotomy may be performed
- Shortest stage
- Mother may be asked to bear down to help the baby along
- The baby's head emerges
- Baby moves down into the lower pelvis and into position for birth
- Contractions begin
- Near the end of this stage, contractions are strong and frequent
- Cervix dilates and becomes thinner
- Uterus contracts to expel placenta

- Bloody show
- The baby's umbilical cord is clamped
- The baby's body slips out
- Baby's head crowns
- Baby's head crowns