**Stages of Labor and Newborn Quiz Study Guide**

There are three stages of labor:

* First Stage: About 14 hours total on average.
  + Early: Contractions are 30-45 seconds long and 5-20 minutes apart. Cervix is dilated to 3cm at end of this phase.
  + Active: Contractions are 45 seconds to 1 minute long and 3-4 minutes apart.
  + Transition: Contractions are 60-90 seconds long and 2-3 minutes apart. Cervix is dilated to 10 cm at the end of this phase (ready for labor.) This is the most exhausting phase of labor.
* Second Stage: Last 30 minutes to 3 hours on average. Contractions still occur to push the baby out. They are 60-90 seconds long and 3-5 minutes apart. The baby is born during this stage of labor.
* Third Stage: About 5-30 minutes total time. The placenta comes out and any stitching is done during this stage.

Vocab:

* Vernix: white cheese-like substance on a newborns body and in between folds of skin when the baby is born
* Mongolian spots: areas of dark skin that appear on the lower back and look like bruises
* Lanugo: Extra soft hair on a newborn
* Molding: head forms to fit through pelvis during birth, then molds to shape after baby is born.
* Soft Spots: baby’s head bones have not fused together completely. Sensitive area covered only by skin not bone.
* Apgar Score: System nurses use to evaluate a newborn 1 minute and 5 minutes after birth.
* Eyes: Most newborns are born with dark blue eyes at birth.

Can newborns be spoiled? No, they need all the love and attention they can get to develop normally.

Six things newborns can do at birth:

1. Suck (eat)
2. Hear
3. Smell
4. Touch
5. See
6. Cry