

# Bradley Stages of Labor

## Early Labor

This stage starts gently. Contractions are mild and may come and go. You can usually talk, walk, or rest between them. It's a good time to relax, eat something light, and save your energy. Your partner can help by keeping things calm and reminding you to rest and stay hydrated.



## Active Labor

Contractions become stronger, longer, and closer together. You'll start to focus more on your body and your breathing. Try to stay relaxed with slow, deep breaths, and change positions as needed.

Lean on your partner for support and comfort—each contraction is bringing your baby closer.

## Transition

This is the most intense but shortest part of labor. Contractions are very strong, and emotions can be high. You might feel tired or unsure, but remember—you're almost there. Your partner's calm voice and gentle encouragement can help you stay centered as your body gets ready to push and meet your baby.