-From full dilation of the cervix (10 cm) and complete effacement (100%) and ends with baby's birth.

Factors that facilitate birth of baby:
- Uterine contractions
- Gravity
- Maternal bearing down efforts

3 Phases:
1. Latent – period of rest and relative calm
   -fetus continues to descend passively through the birth canal
   * period of physiologic lull for all criteria; period of peace and rest

2. Descent – phase of active pushing
   -characterized by strong urges to bear down
   Contraction = significant increase
   Frequency = 2 – 2.5 min.          Duration = 90 sec.
   Show: Significant increase in dark – red bloody show

3. Transition – presenting part is on the perineum and bearing-down efforts are most effective for promoting birth
   Contraction = overwhelmingly strong
   Intensity = expulsive            Frequency = 1 – 2 min.          Duration = 90 sec.
   Show: bloody show accompanies birth of head

3. Third Stage
-From birth of baby to expulsion of placenta
- GOALS OF MANAGEMENT: prompt separation and expulsion of the placenta in an easy and safe way.

Signs indicating expulsion of placenta:
- Firm contraction of placenta.
- Change in uterus from discoid to globular ovoid shape as the placenta moves into the lower uterine segment.
- Sudden gush out of dark blood
- Lengthening of the cord

4. Fourth Stage
- Expulsion of placenta to puerperium period