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Idea: "Day in my Life" documentation of the stages of labor. We created an instagram account to follow a laboring mom's day as she progresses through the stages of labor.

OB Legacy Post Poll Questions:

1. The first stage of true labor involves dilation and effacement. True or False?
True
2. In the active phase of labor mothers began to experience feelings of _____.
Anxiety, helplessness and apprehension
3. During the Second stage of labor, when the mom begins pushing, how many cm dilated and percentage effaced should she be?
10 cm and 100%
4. Stage four of labor is considered the _____ period.
postpartum/recovery period