

## Labour



You will get **bad pains** in your **stomach**.



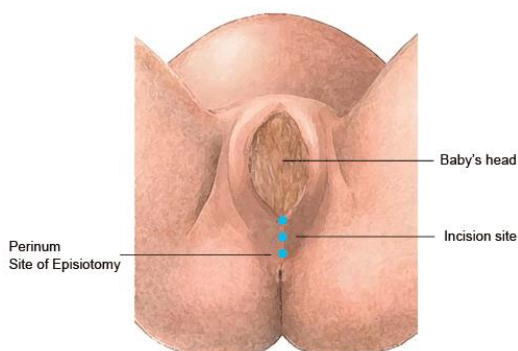
The midwife can give you **medicine** to help **stop** some of the **pain**.



You will have to **push** the baby out

Push like when you are having a poo.

It helps to put your **chin on your chest**.



Your **baby** will come **out** of your **private parts**.

It will **hurt** when your baby comes out of your private parts.



As soon as your baby is born you can **cuddle** them on your chest with no clothes on. This is called **skin-to-skin contact**.

Holding the baby on your skin helps to keep you and the baby **calm**.  
Skin to skin contact helps to keep your **baby warm**.