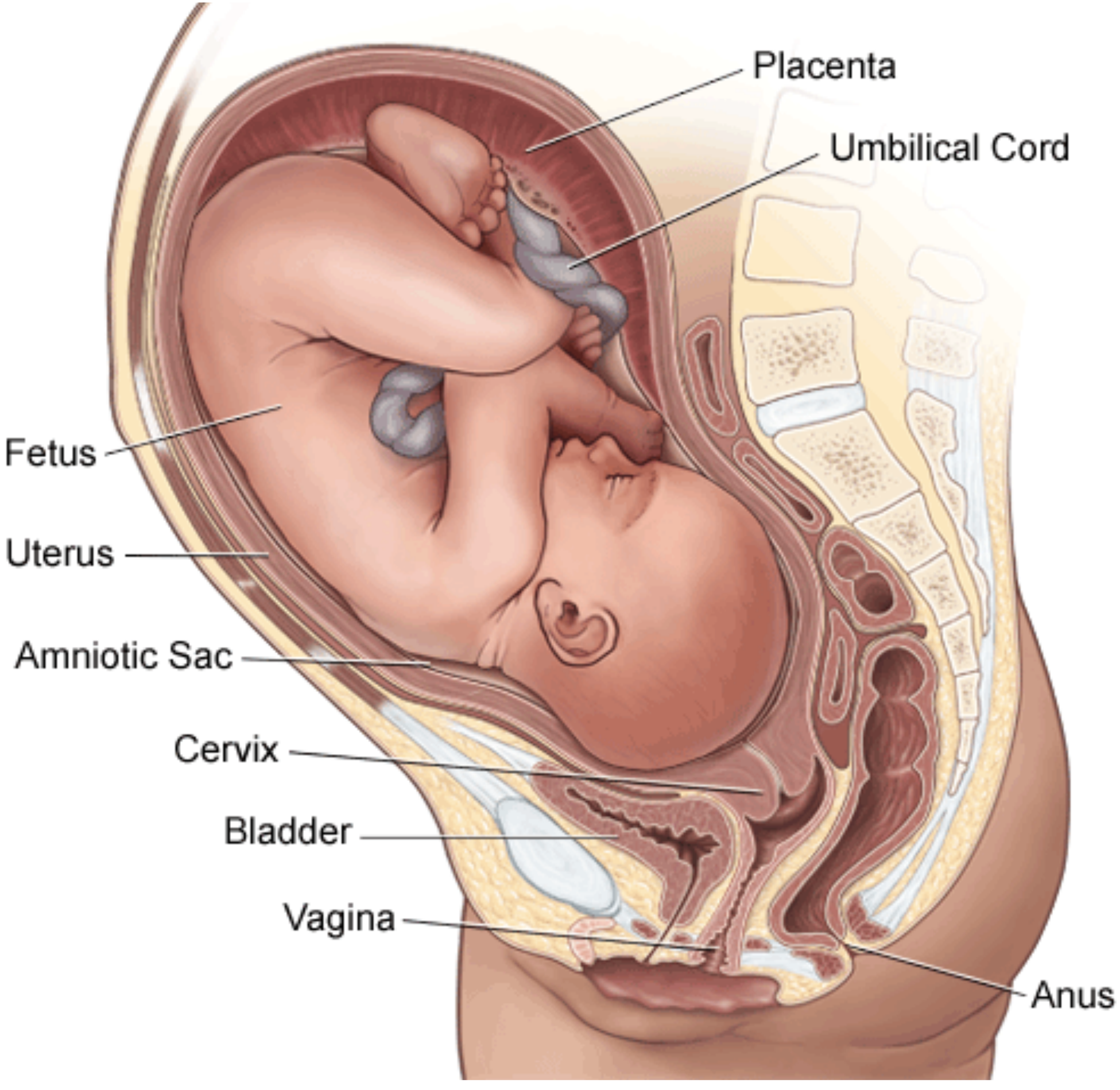
Your body is

built for this!


Placenta
Umbilical Cord
Fetus
Uterus
Amniotic Sac
Cervix
Bladder
Vagina
Anus

Biofeedback loop of the laboring uterus

The posterior pituitary gland in the brain releases oxytocin

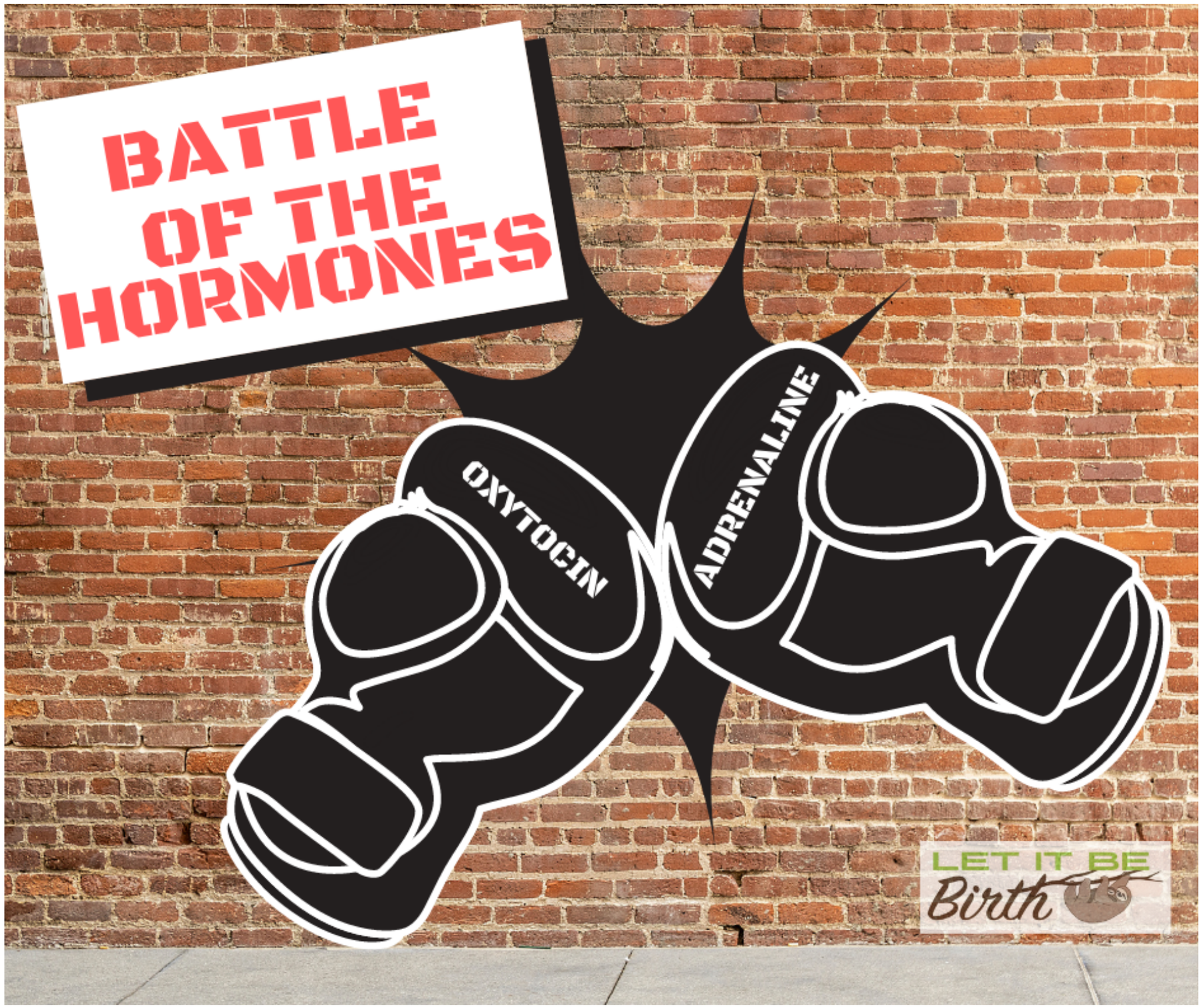
Oxytocin causes the uterus to contract, pressing baby's head down

Baby's head presses on cervix, stretching it

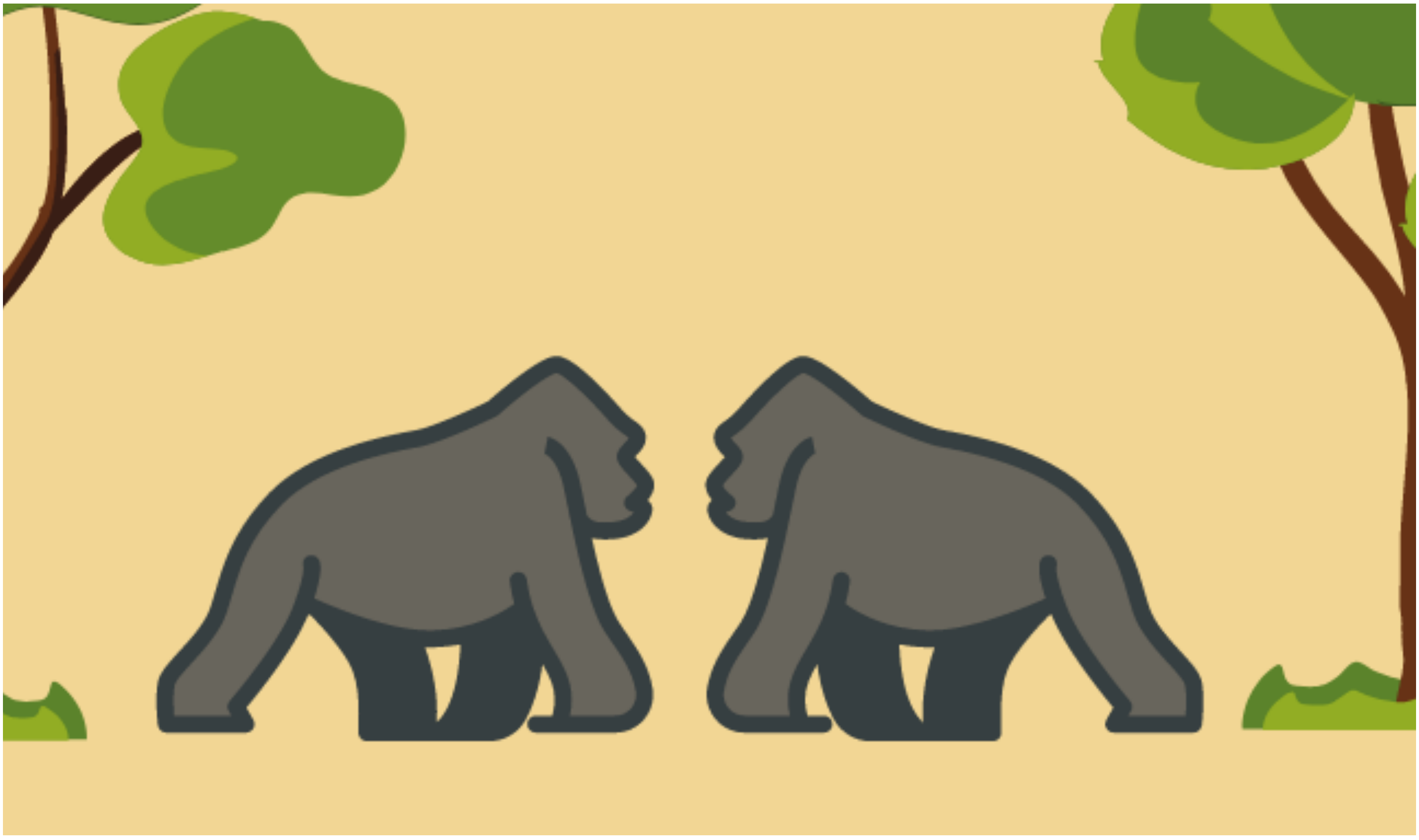
Stretching cervical nerves send signals to the brain

LET IT BE Birth

Adrenaline



Prolactin



Endo-rphins

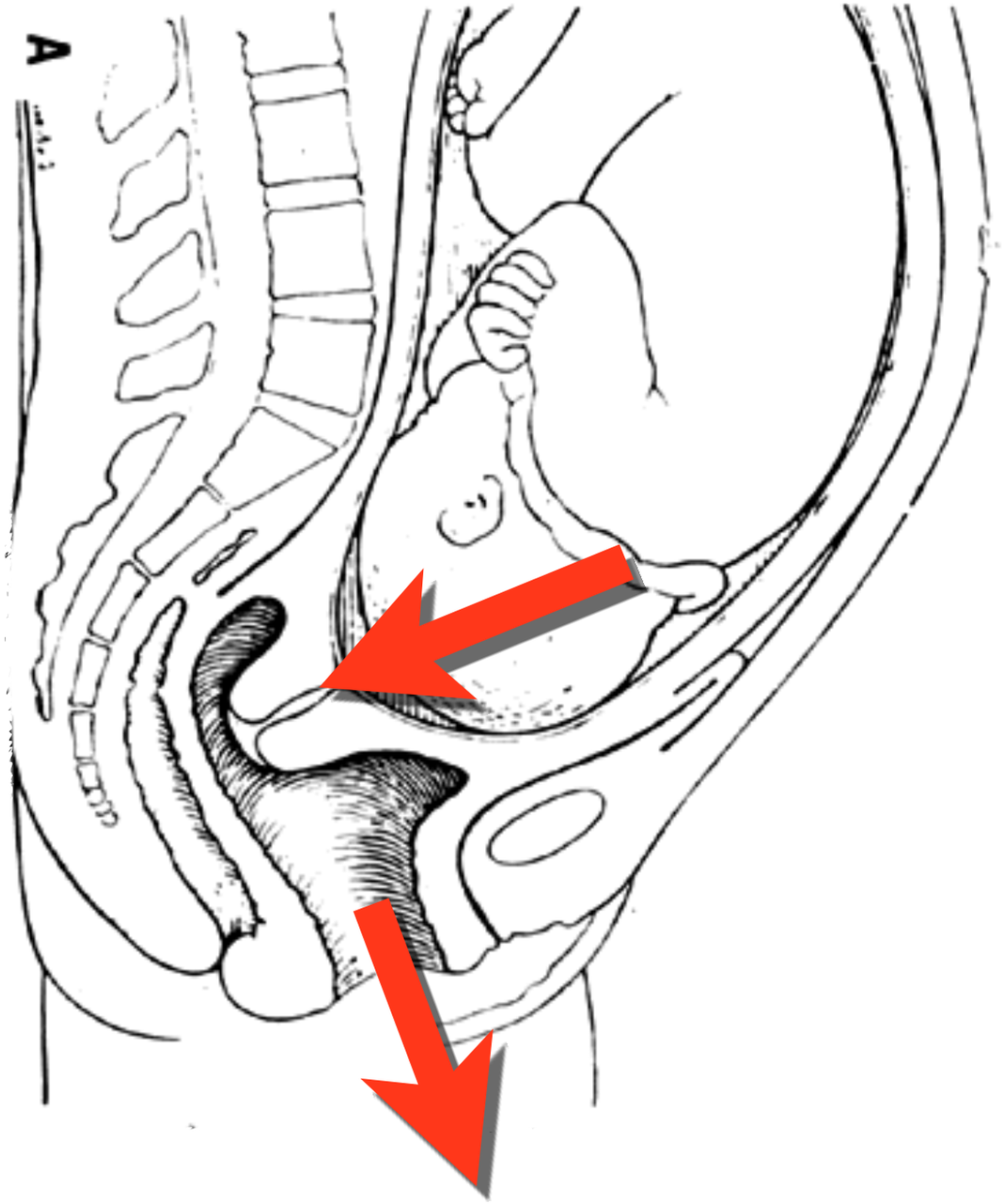
Internal ^ ^pain-reliever

Six Ways to Progress

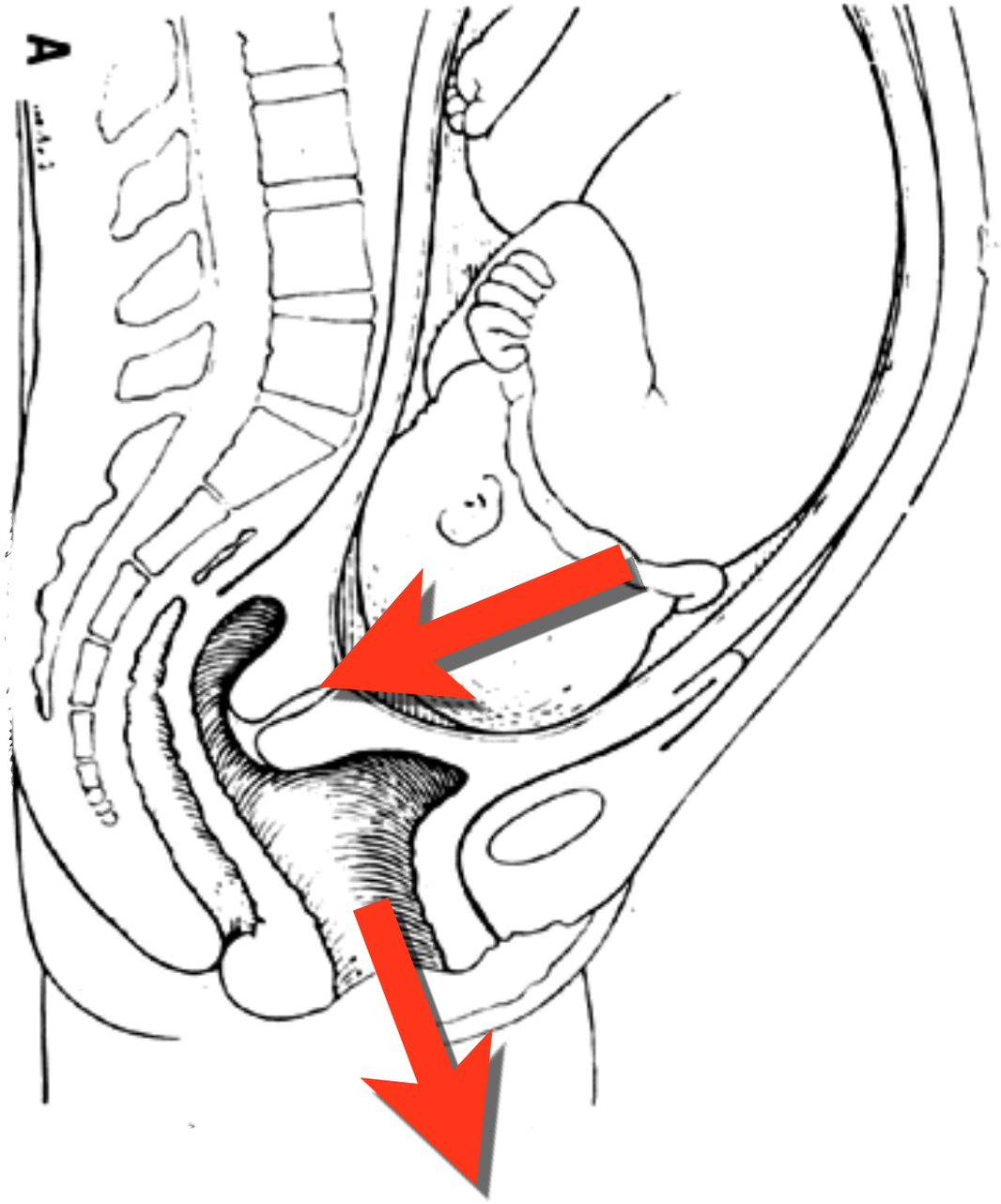
1	2
3	4
5	6

Six Ways to Progress

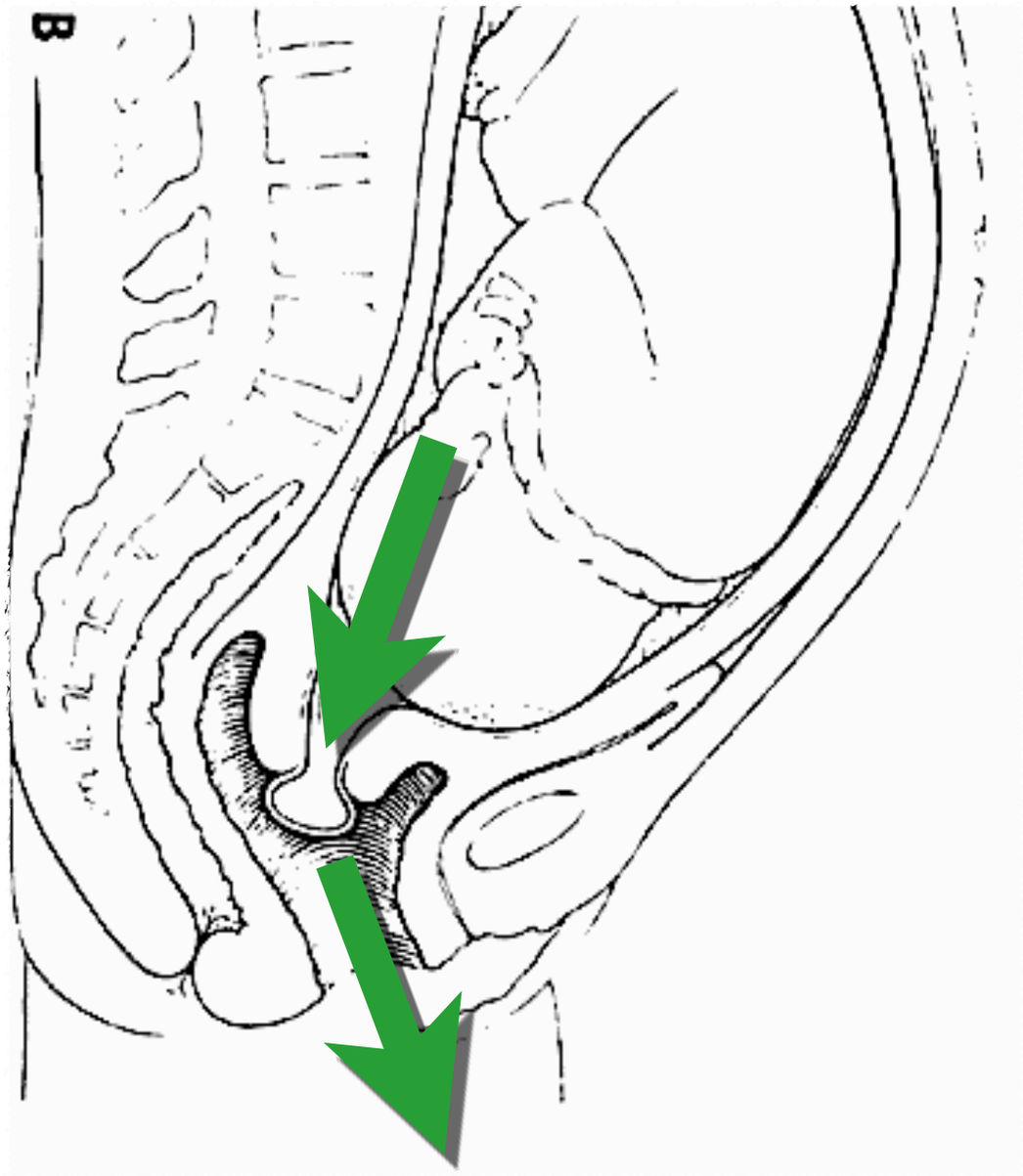
Cervix Moves Forward	2
3	4
5	6



Posterior



Posterior



Anterior

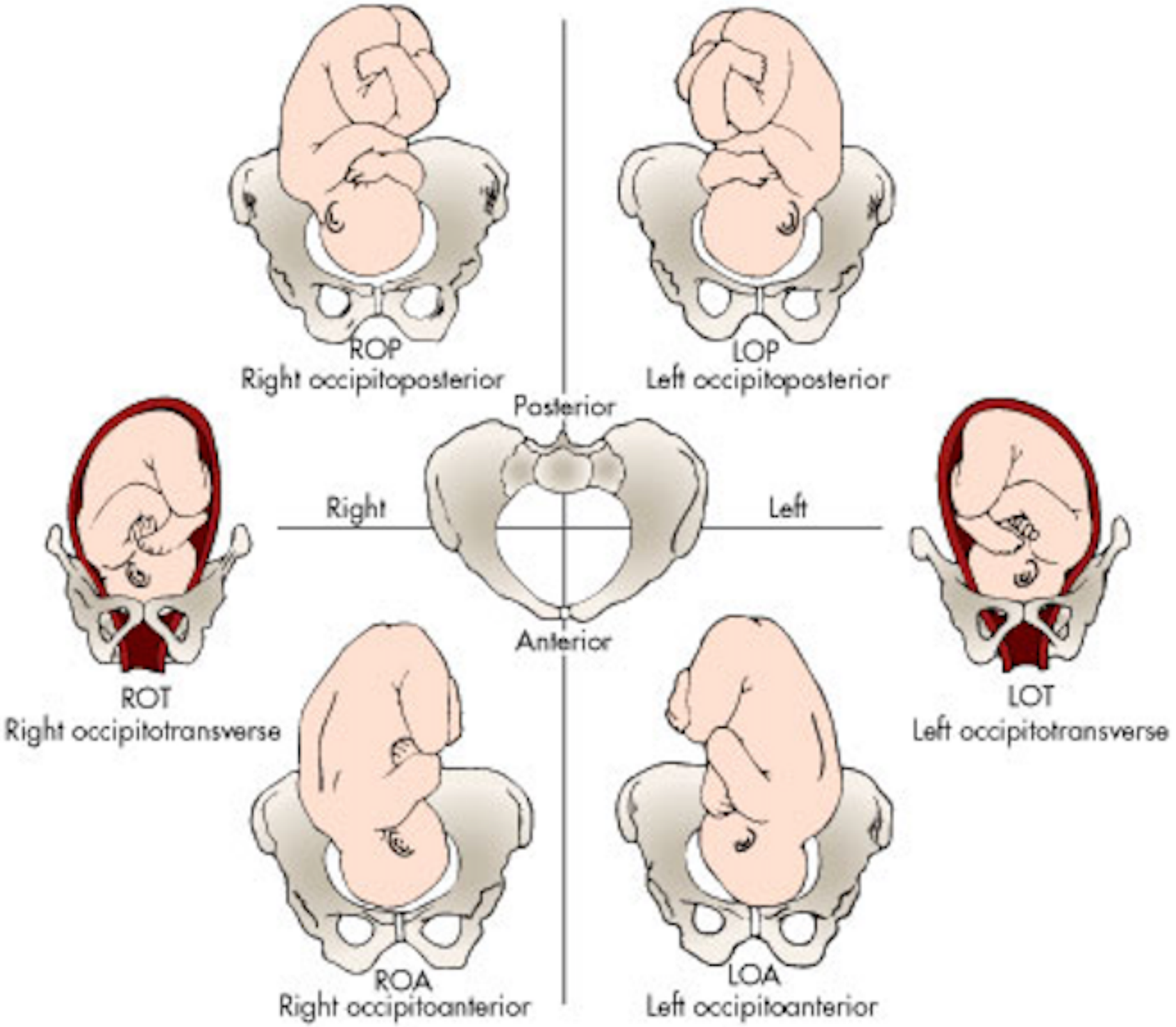
Six Ways to Progress

Cervix Moves Forward	Cervix Ripens or Softens
3	4
5	6

Six Ways to Progress

Cervix Moves Forward	Cervix Ripens or Softens
Baby tucks chin and rotates	4
5	6

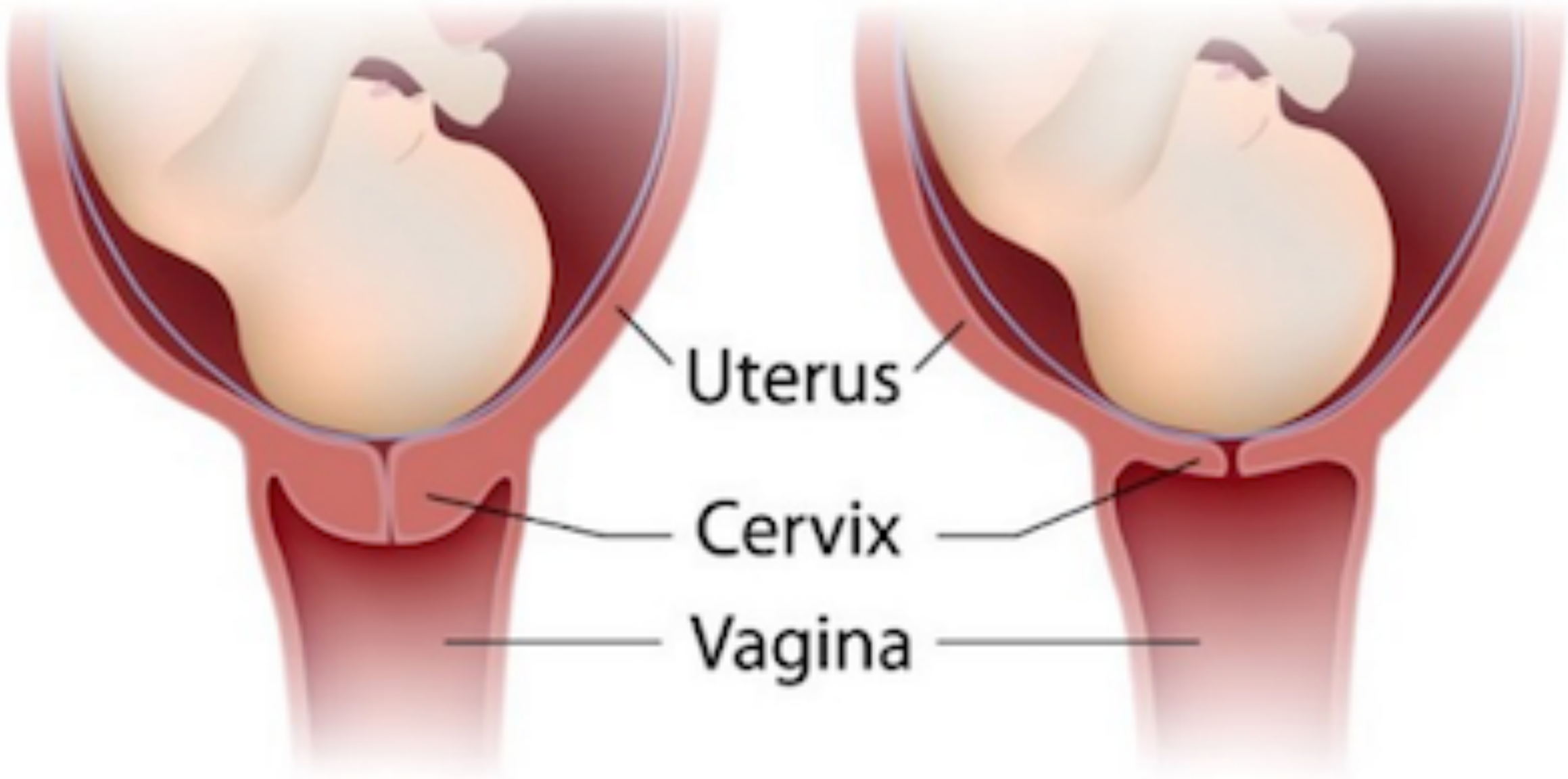
Optimal Fetal Position



Six Ways to Progress

Cervix Moves Forward	Cervix Ripens or Softens
Baby tucks chin and rotates	Effacement (cervix thins)
5	6

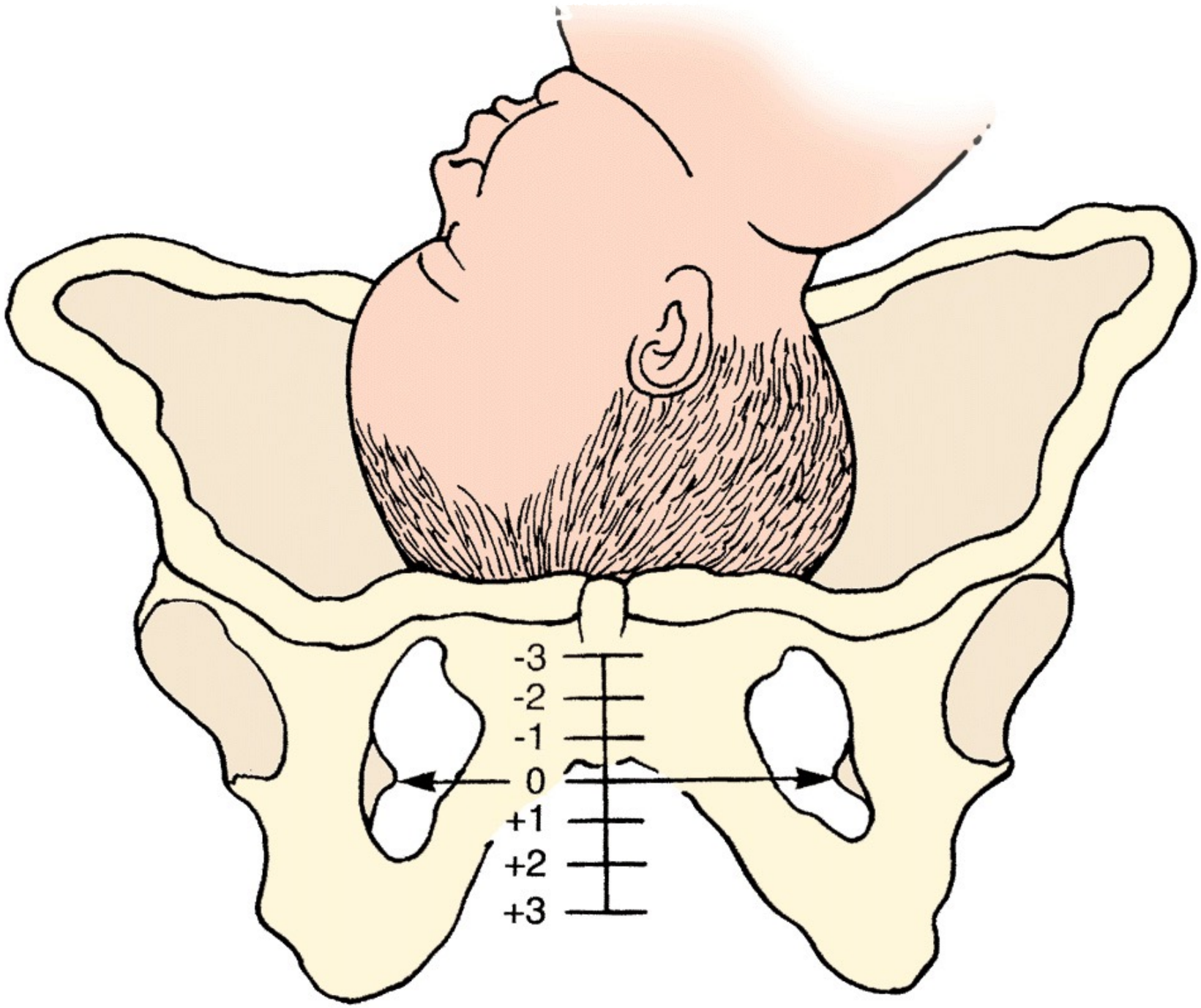
Effacement



Six Ways to Progress

Cervix Moves Forward	Cervix Ripens or Softens
Baby tucks chin and rotates	Effacement (cervix thins)
Pelvic Station	6

Pelvic Station



Six Ways to Progress

Cervix Moves Forward	Cervix Ripens or Softens
Baby tucks chin and rotates	Effacement (cervix thins)
Pelvic Station	Cervix dilates to 10cm or “complete”

Cervical Dilation

1 cm
Blueberry

2 cm
Cherry

4 cm
Lime

6 cm
Kiwi

8 cm
Orange

10 cm
Cantaloupe

LET IT BE Birth