

Module 1 Worksheet

List your 3 biggest takeaways from module one.

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Activity:

Please find the following items around your home. One (or as many as you can) from each line in the list below.

Cheerio or a dime

Penny or a small cherry

Oreo or a slice of a lime

Ritz cracker, a can of pop, or any drink in a pop like can, or an orange slice

Donut or an old CD

Bagel or a role of toilet paper (the cheap stuff)

Once you have collected the items, line them up from largest to smallest.

Congratulations, you just made yourself a visual dilation chart. A cheerio/dime represents 1 cm, and a bagel/roll of toilet paper is 10 cm.

Your cervix is a wicked awesome organ, imagine if your nostril could open as such. Please be patient with yourself in labour, trust that your body and baby know exactly what to do on their time.



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Self-Development:

Take a few moments to yourself and answer the following questions. This is applicable for both you and your partner to complete, if relevant.

1) What words are commonly used to describe labour? For instance, if your friends and family talk about labour, what words are they using to describe it?

2) What do you feel when you think about being in labour? Or, (partner) how do you feel about witnessing and supporting your partner in labour? What emotions/words arise?