



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 roll 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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