

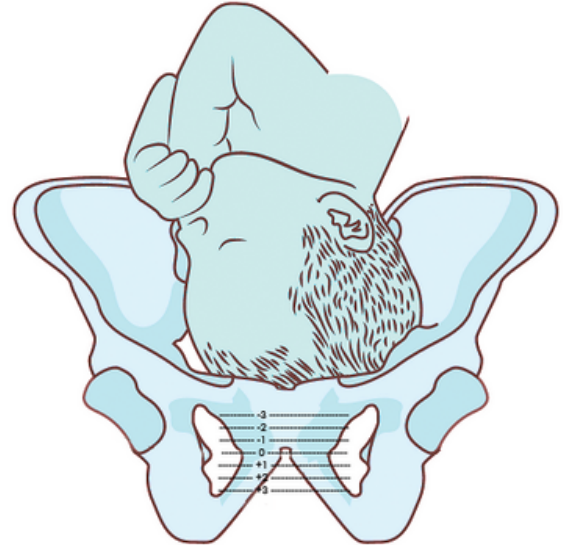


Labor Progress

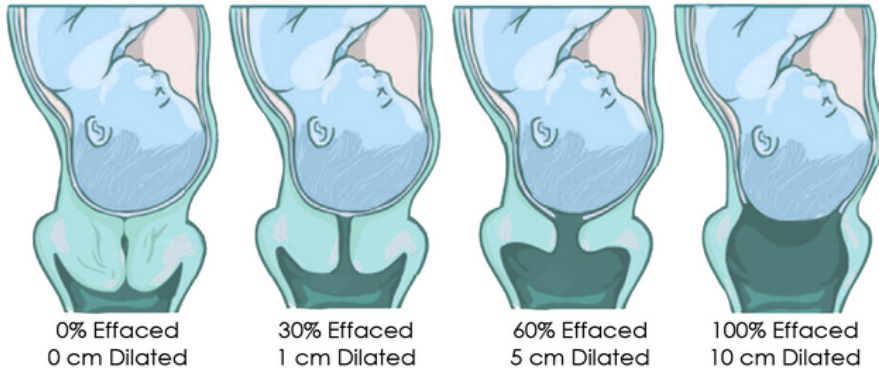
Station, Dilation, Effacement, & Position

STATION

Station is one of the most important things we can learn about progress in labor. Knowing your baby's station will help us to understand where they are located in the pelvis and therefore what types of positions will help them navigate the pelvis more efficiently, allowing both of you a more comfortable journey.



EFFACEMENT & DILATION



Effacement, softening, or ripening are the terms used to describe how the cervix thins out to become stretchy and supple for the baby to pass through, while dilation refers to how wide the cervix opens. Many providers look at dilation to determine progress, but cervical exams only give us a snap shot of what is happening in that moment rather than indicating how quickly one will go into labor or how quickly labor will progress.

FETAL POSITION

Knowing your baby's position in your pelvis helps when it comes to efficiency, comfort, and safety in labor. Assessing fetal position is possible during pregnancy and labor, however a better method is to prepare your body for the journey by finding balance and mobility prior to birth to ensure a smooth labor. Achieving and maintaining optimal positioning will be far more attainable if your body is prepared. While you can birth your baby in any position, some are more efficient, comfortable, and safe than others.

