



VAGINA

During a vaginal birth, the muscles of the pelvic floor and the tissues of the vagina work together to stretch and expand to allow the baby to pass through the birth canal. The vagina is designed to stretch and accommodate a baby and after delivery, the tissue will usually shrink back down to its pre-pregnancy state.

CERVIX

During pregnancy, the cervix is tightly closed and sealed with the mucus plug in order to keep the baby protected from the outside world. During labor the cervix changes from completely closed to completely open, going from 0-10 centimeters. For some, the cervix begins to open several weeks prior to labor beginning, but this doesn't always mean that birth is imminent. Think of the cervix as the gatekeeper of the uterus. If the cervix does not open, the baby can't pass through to be born.

