



# PREPARING FOR CHILDBIRTH

## ANATOMY & CHILDBIRTH TERMS

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Pelvis  
Pubic Bone  
Relaxin  
Uterus  
Fundus/Fundal Massage  
Cervix  
Mucous Plug  
Placenta  
Umbilical Cord  
Amniotic Sac/Membranes  
Amniotic Fluid  
Vagina  
Bladder  
Urethra  
Rectum  
Perineum/Perineal Massage  
Areola  
Colostrum  
Ripening  
Cardinal Movements:  
Engagement  
Descent  
Flexion  
Internal Rotation  
Extension  
External Rotation/Prestitution  
Expulsion  
Contraction/Braxton-Hicks Contractions  
Effacement  
Dilation  
Centimeter  
Presentation  
Vertex  
Breech  
Position of Baby  
Anterior  
Posterior  
Transverse  
Station  
Postpartum