

Dilation Chart



If you came here looking to buy a Dilation Chart, the Product page has been taken down because my inventory is low. Don't despair! I still have some dilation charts in stock and would be happy to send you what you need :) Just email me at tracy@bestdoulas.com with your address. The dilation chart costs \$24.31 with tax and shipping costs. You can make a payment to tracy@bestdoulas.com through PayPal or credit card (through PayPal) or to [tracy-hartley-2](#) through Venmo or [\\$tracyhartley](#) through the Cash app.

This is a wonderful teaching aid for childbirth. It is made from 10 pieces of foam with circles cut out for each centimeter of dilation, held together on a ring. It is a helpful visual aid for you to use in childbirth classes and with birth doula clients. The foam's pliability can be used to demonstrate that dilation may not be completely circular. The 9- and 10-centimeter circles can also be layered a little off-center to demonstrate cervical lip. You can also demonstrate effacement by showing how impossible it is to dilated when the cervix is thick (all 10 layers) and how easily a single layer will open because it's thinned out.