

the top 5 reasons why your pelvis is **NOT TOO SMALL** to birth your baby

I hear this said to women ALL. THE. TIME. And, sadly, they're being lied to.

If someone tries to tell you that your pelvis is too small to birth your baby, you can have this guide in your back pocket (literally if you need to) to boost your confidence in calling bullsh*t.

Your body is strong, capable, and knows how to birth your baby if given the time and support. You've got this.



01

TRUE CEPHALOPELVIC DISPROPORTION (CPD) IS EXTREMELY RARE

Except in cases where the pelvis has been broken (like in a serious accident), or has deformities (due to a disease like Rickets), it is extremely rare for CPD to occur. Even then, it depends on the specific case. A baby's size is also not possible to accurately determine prior to birth, even with ultrasound.

02

CPD IS BASICALLY IMPOSSIBLE TO DIAGNOSE

Though a technique called "pelvimetry" is sometimes used to measure the pelvic outlet's capacity for birth (using X-ray or MRI), most diagnoses of CPD are given without any assessment or reason at all. Measurements of a static pelvis (not in motion) also do not account for the shifting of the pelvic bones during birth, or the molding of the baby's head to fit the birth canal.

03

THE HORMONE RELAXIN ALLOWS PELVIC BONES TO SEPARATE

Measurements of the pelvis are also not helpful because they are static rather than dynamic (in motion). The pelvis is made up of 4 bones held together by ligaments. During pregnancy the hormone relaxin is excreted to prep those ligaments for separation of the pelvis during birth. How much they can expand could never be determined in advance.

04

THE PELVIS EXPANDS BY UP TO 30%, BABY'S HEAD MOLDS TO FIT

During birth the bones of the pelvis are designed to separate to create more space for the baby to be born. At the same time the baby's skull, made up of un-fused bony plates (and soft spots between them called fontanelles), molds to the shape of the birth canal. These plates will fuse into one solid bone as the baby ages.

05

A DIAGNOSIS OF CPD IS OFTEN JUST FAILURE TO WAIT

Lots of women who are given a diagnosis of "failure to progress" are told that it was because of a mismatch in size between their pelvis and their baby. In reality, most of these cases are simply not given enough time or a chance to move around to help the baby change position or move down. They are instead met with fear and told they need interventions to help give birth.