B	I	N	G	O
Transition	1-3 centimeters	Contraction	Placenta	Episiotomy
Braxton-Hicks	Squatting	Mucus Plug	4-7 centimeters	Pelvis
Second stage	Umbilical cord	FREE SPACE	Amniotic sac	Doula
Effacement	Relaxation	Engagement	Dilation	Lightening
Crowning	Amniotomy	Pelvic station	Walking	Cervix

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B	I	N	G	O
Umbilical cord	4-7 centimeters	Placenta	Braxton-Hicks	Mucus Plug
Contraction	Walking	Episiotomy	Amniotomy	Pelvis
Effacement	Amniotic sac	FREE SPACE	Doula	1-3 centimeters
Dilation	Pelvic station	Transition	Cervix	Relaxation
Engagement	Lightening	Second stage	Squatting	Crowning

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B	I	N	G	O
Amniotomy	Pelvic station	4-7 centimeters	Lightening	Amniotic sac
Transition	Effacement	Engagement	Squatting	Episiotomy
Second stage	Cervix	FREE SPACE	Relaxation	Dilation
Umbilical cord	Pelvis	Placenta	Walking	Contraction
Doula	1-3 centimeters	Mucus Plug	Braxton-Hicks	Crowning

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