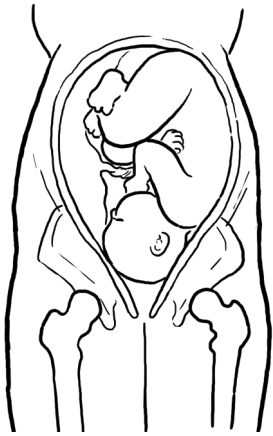


Maternal & Fetal Positioning

Posture & Exercises for Easier Birth

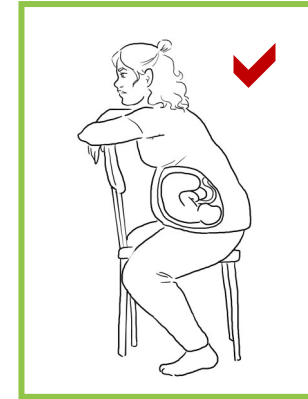


Babies are born faster and easier when they come facing mom's back, head tucked, crown first. Long labors, more painful contractions, and cesareans are more likely when baby can't get in an optimal position. These practices encourage balance in the uterus and make baby's positioning job easier.

A

Use good posture, especially as your pregnancy advances and especially when sitting. As much as possible:

- Sit with hips above knees
- Let your belly fall forward
- Sit on your butt bones, not your tailbone
- Keep your back straight
- Avoid couches and recliners
- Avoid long periods of sitting
- Get a big ball to sit on
- Instead of the couch or recliner, lay down to rest



B

During pregnancy, take a nice walk every day. Bonus points if it's outside or 20+ minutes. The walking movement helps balance and align pelvis and baby. It also gets blood moving and strengthens your pelvic floor.

C

Spend time in hands and knees position to make a nice hammock for the baby to settle in. Ideas:

- Play with kids on the floor
- Pelvic tilts
- Bird-dog yoga pose
- Rebozo Manteadada
- Lean on a ball to watch tv, relax
- Put your phone/book on the ground



+

Other activities that may help:

- Prenatal yoga!
- Round ligament self-massage
- Pelvic floor exercises, kegels
- Daily forward-leaning inversions
- Spinning Babies Daily Essentials video
- Be mindful of twisting—i.e. Don't reach way behind you in the car.
- Switch hips often if you carry a toddler.