

Amazing Birth Checklist



It's not unreasonable to expect it to be wonderful!

baby

in the best place

Baby Positioned Optimally

- Sit with good posture & hips at or above level of knees (avoid couches)
- Take a walk daily if possible
- Consider Spinning Babies Daily Essentials

Let Baby Choose Birth Day

- Avoid induction; find a provider who waits until 42 weeks

Connection With Baby

- Notice, meditate on, talk to, and connect with your baby

body

in the best place

Choose Best Birth Place and Provider for You

- Low-risk pregnancies are handled best by midwives (in or out of hospital)
- Find a provider who regularly does the kind of birth you are planning

Good Nutrition, Exercise, Posture

- Plenty of protein, water, and whole foods
- Pregnancy-specific yoga-type exercise + get your heart rate up often
- Sit with good posture & hips at or above level of knees

Practice Whole-Body Relaxation

- Consciously relax muscles, melt into your seat intentionally until it's easy

Stay Home Until Active Labor

- Know and practice ways to manage labor intensity at home
- Distract yourself and ignore the labor as long as possible

Complete Birth Education

- Take a class, read books + articles, watch, read or listen to positive birth stories

Positive Thinking About and Trust In...

- Birth, Your body, Your birth team, Your ability to handle the unexpected

Practice Mental Relaxation

- Practice zoning out/mental relaxation: meditation, self-hypnosis, hyper focus
- Notice and slow your breathing
- Choose the people who will be there carefully
- Address fears prenatally

mind

in the best place

Rarely do events as powerful as birth go exactly as we plan. There's so much we can't control and that's OK. But you can stack the deck in your favor. Do what you can. Then relax.