

Positioning Baby



Helping Baby Find the Best Position for Easier Birth

During pregnancy, take a walk every day. Bonus points if it's outside or over 20 min.

Use good posture while sitting, especially as your pregnancy advances.



- Hips above knees
- Belly falls forward
- Sit on your butt bones, not your tailbone. There should be a curve in your low spine.



Hands and Knees: 5-20 min., every day



- Try some pelvic tilts
- Put your phone/book on the ground
- Play with kids
- Let your belly hang

Be mindful of twisting, imbalance and tension. Switch hips often if you carry a toddler.

Use Spinning Babies' Daily Essentials video or spend some time perusing the site.



Babies are born faster and easier when they come facing your back, head tucked, crown first. Slow labor and cesareans can happen because the baby can't get in position. These practices make the baby's job easier.