

The Way You Move

How to Encourage Your Baby into Position

When the baby is head down and back is against your belly (known as the 'Occiput Anterior' position), the baby is in the ideal position for birth. If the baby's head is down but the back is facing your back (known as 'Occiput Posterior'), it can cause a longer and more painful birth.



Couches and desk chairs are the main culprits. They position you with your back lower than your belly, allowing gravity to pull the heavy back of baby's head to your back.

During Pregnancy, the way you stand, sit, & relax can encourage your baby into position. The key is to keep your belly lower than your spine and your knees lower than your hips. These positions can also ease back pain.

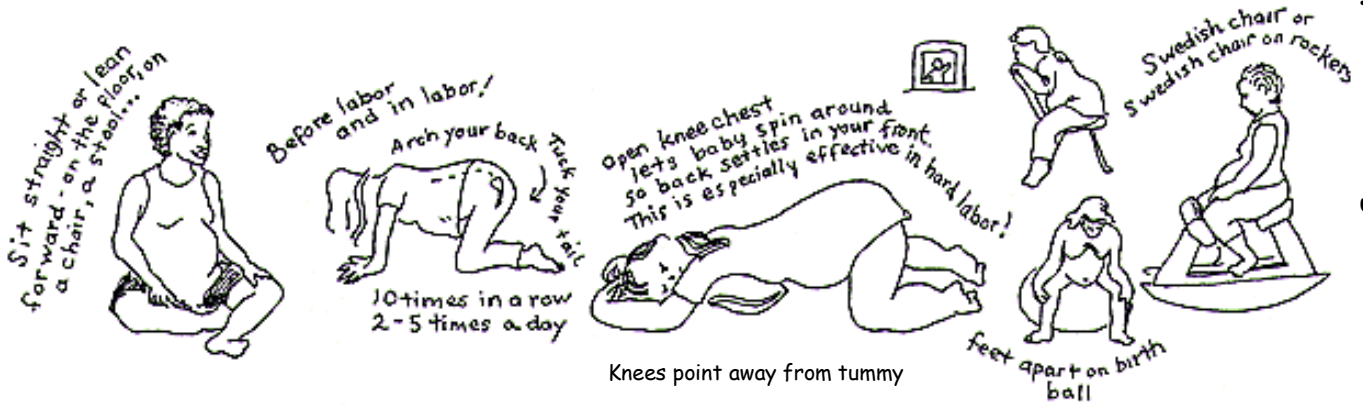


- ☆ Rest lying on your side
- ☆ Keep weight balanced on both feet
- ☆ Sit straight and forward in cushy chairs
- ☆ Avoid crossing your legs

Belly Move Open Encourage Rock Ease Balance Relax Shift Release Belly

Ease Rock Encourage Open Move Belly Release Shift Relax Balance Ease Encourage Open Move Belly Move

Move Open Encourage Rock Ease Balance Relax Shift Release Belly Move Open Encourage Rock Ease Open



- ☆ Do pelvic rocks; sway your hips back & forth in circular movements
- ☆ Cat stretches
- ☆ Crawl on hands & knees for half an hour while listening to music
- ☆ Swim with your belly downward (breaststroke or front crawl)
- ☆ Walk as often as you can - to move the baby, move the mother.

Even in Labour, it's not too late to encourage your baby to change to the anterior position.

- ☆ Follow the guidelines for pregnancy; keep your belly lower than your spine and your knees lower than your hips
- ☆ The Abdominal Lift
Standing while leaning forward, lift one leg on a low stool, lace your fingers under your belly & lift 1 to 2 inches during contractions then gently tuck your belly in about 1 inch as contraction fades
- ☆ Sit & rock on a birth ball
- ☆ The Open Knee Chest Position



Adapted from www.spinningbabies.com/index.html and www.soothingdoula.com
Created by Dancing Star Birth – Classes for your Heart and Mind – www.DancingStarBirth.ca