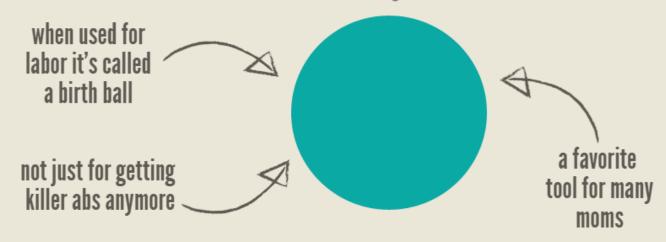
BIG BALLS

USER GUIDE

Use exercise balls before, during and after labor.



Before Labor:

HOW AND WHY

FOR COMFORT

Sitting on the birth ball strengthens your abdomen and lower back. Can sometimes help lessen lower back pain.

replace your chair TOR BABY

Sitting on the ball, especially in the final few weeks of pregnancy, can aide in the proper positioning of baby.

BABY
POSITION
let's work on that!

During Labor:

SITTING ON THE BALL Sit with feet nice and wide and flat on the ground. Keep a straight back and good posture.

Do this at home, at your birth location and even in the

shower.

KNEEL AND LEAN

Kneel with nice open knees and lean upper torso on the ball. This can be done on the floor or on the bed.

STAND AND LEAN

Place ball on a high surface like bed and stand with nice open legs while leaning on

KFFP MOVING

Using the ball encourages

bounce, sway, circle your hips!

using After Labor:

HOW AND WHY

SOOTHE BABY

Once you have mastered the ball, you can hold baby while sitting. Soothe a fussy baby with gentle bounces and swaying side to side.



size matters

Ball size User's Height 55cm 4'8" - 5'3" 65cm 5'3" - 6'0" 75cm 6'0" - 6'7"

BUYING GUIDE:

safety first!

choose high quality, burst resistant balls consider a cover

Covering your ball makes it soft, clean and easy to manage (not to mention cute)

We've got you covered! Balls, Covers and More http://www.YourDoulaBag.com/balls

