
using

BIG BALLS

USER GUIDE

Use exercise balls before, during and after labor.

when used for
labor it's called
a birth ball



not just for getting
killer abs anymore



a favorite
tool for many
moms



using

Before Labor:

HOW AND WHY

1 FOR COMFORT

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

replace
your
chair

2 FOR 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!

using During Labor:

HOW AND WHY

1 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.

2 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.



3 STAND AND LEAN

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

4 KEEP MOVING

Using the ball encourages movement!

*bounce, sway,
circle your hips!*



using After Labor:

HOW AND WHY

6 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.



BUYING GUIDE:

size matters

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

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>

