

Rocking Birth

making space

Preparing for Birth

Make room for baby

Gentle, daily stretches and body balancing techniques are the game of the day at Spinning Babies. Supple muscles let the pelvis open for baby better than stiff muscles. Long muscles and a full range of motion "make room for the baby."

Easing into labor

Not too early, not too late - support for a healthy birth time includes three things

Nutrition, body balancing, and social support promote full term pregnancy. Eat foods best for growing a healthy baby and drink 12 glasses of water a day. Supportive friends, health care providers, and a doula on your childbirth team are ways to get support for nurturing the miracle inside you.

Spinning Babies

"Easier childbirth with fetal positioning"

The side a baby enters the pelvis, left or right, might effect the ease of labor. A baby coming in from the left seems to have the chin tucked more often. A tucked chin (in flexion) helps the head enter the pelvis and fit. Spinning Babies offers a daily routine of movement and regular body balancing techniques to add comfort for both you and baby. Learn more about fetal positioning in [Belly Mapping](#).

Open the pelvis

Different maternal positions open different levels of the pelvis

Balance, Gravity and Movement are Spinning Babies Three Principles. After balancing techniques for comfort, if helpful, open the path through the pelvis:

- When baby is high, usually when labor is starting, but could be anytime: Standing, or sitting on a birth stool, flatten your lower back during contractions to help baby drop into the top of the pelvis or inlet.
- The side lunge helps baby through the middle of the pelvis.
- When baby is low and can almost be seen, a full squat opens the outlet.

Smart positions ease your work, too.

Come visit us at www.SpinningBabies.com. We support your experience!



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