

BIRTH BALL

Before Labor

1 For comfort

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

2 For baby

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

During Labor

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 the bed.

3 Stand and Lean

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

4 Keep Moving

Using the ball encourages movement!

After Birth

1 Soothe Baby

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

Buying Guide

size matters	
ball size	users height
55 cm	4'8"-5'3"
65 cm	5'3"-6'0"
75 cm	6'0"-6'7"

safety first!

Choose a high quality, burst resistant ball.