

## Getting **Body & Baby** Ready for Labor

*Movements to encourage baby into an optimal birth position*



- **Using a Birthing Ball:** Sitting on your birthing ball and gently rolling side to side can assist in opening your pelvis and increase circulation. You can also rest your arms on the ball while sitting on your knees and rock back and forth. This position is recommended to alleviate back pain and pressure as you get closer to birth.
- **Open Knee-Chest:** Start in hands and knees position, then drop your chest to the floor and leave your bottom up in the air. Use pillows as necessary for comfort. Focus on relaxing each part of your body individually until your whole body is relaxed. Stay in this position for as long as you are comfortable or up to 15 minutes. This position allows your baby to move out of your pelvis and into a more favorable position for birth.
- **Exaggerated Side Lying Position:** Lay on your left side and bend your right leg, pulling it up top your chest as high as comfortable. Keel your bottom leg straight. Roll forward as much as possible using pillows for belly, leg, and head support. This is a great position to sleep in but if you are not sleeping, try to lay like this and relax for about 30 minutes. You can repeat this position later in the day alternating the side you lay on. This position encourages your baby to spin and face your back, this is a more favorable position for birth.
- **Curb Walking:** Walking for 30 minutes a day with one foot on the curb and one on the street can encourage baby to move down in your pelvis. You can also replicate this motion by lunging with a step stool; be sure your belly does not pass your toes. Another option is walking sideways on the stairs. Be sure to have a spotter below you when walking sideways on your stairs!

Visit <http://www.milescircuit.com/> for more information and visual demonstrations.

References: Miles, Megan. *The Miles Circuit*, <http://www.milescircuit.com/>.