

POSITION IN ACTION

POSITION, WHY, HOW-TO, WHEN



Belly Sifting

Relax uterine ligaments and abdominal muscles, help rotate baby in pregnancy or labor more easily by light jiggling, and to help birthing person relax into her labor

Partner on either side of the birthing person's hips, birthing person leaning over the ball, table, couch, or chair. Our wrists are not meant to be load-bearing so avoid hands and knees when able. Make sure the rebozo is around the belly only, not breasts. Gently lift the rebozo causing the belly to lift, and the mother to feel the weightlessness. Then gently sift or jiggle the skin of the belly. This should be no more movement than being a passenger in a leisurely car ride and should not disrupt the baby or placenta in a negative way. This gentle motion should allow the fascia (netting that covers the entire surface of our body just under the skin) to loosen and relax giving the mother and the baby more mobility/flexibility and relaxation. When the partner's hands are tired, gently set the baby and belly back down.

Daily, Early Labor, Active Labor
Between Contractions



Shake the Apples / Booty Shake

Loosens fascia (netting below skin) and muscles that become tight from daily use and labor, allowing relaxation and more comfortable labor

Use rebozo to gently sift/shake the skin of bottom and hips

Daily, Early Labor, Active Labor



Lift and Tuck

By yourself, with partner, with rebozo

To reposition baby for more effective and efficient labor progress

Lean against wall or partner for support

Tilt pelvis under

Hold low under belly

Lift upwards and inwards

Hold for a couple breaths

Let down slowly - don't drop baby

Daily, Early Labor, Active Labor, Stalls



Counter Pressure / Hip Squeeze

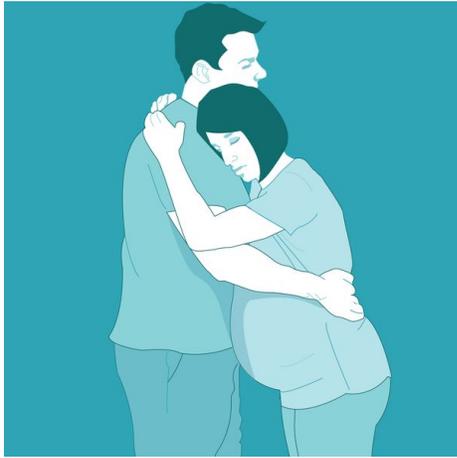
As baby moves to come down and out, our hips flex and move to allow for fetal movement and more space for baby

In any position (standing, sitting, on ball, on bed, hands and knees, etc) that hips are accessible

Finding spot on laboring person's hips and applying equal distribution of strength to allow for temporary relief in labor

Location may vary per person and may change throughout labor as labor progresses and baby descends

Early Labor, Active Labor

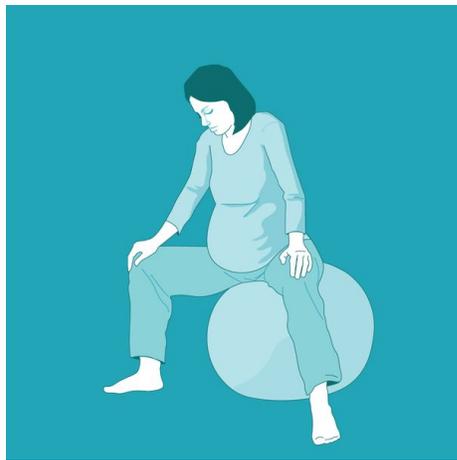


Slow Dancing

Allows for balance, movement, and gravity
Allows for counter pressure accessibility

Sway hips, supported by partner while doula applies counter pressure, or vice versa

Daily, Early Labor, Active Labor



Birth Ball

Allows for rest and movement
Allows tail bone to flex
Opens hips
Allows balance
Allows gravity

Sit, Swivel, or Bounce on ball for active use of balance, movement, and gravity

Daily, Early Labor, Active labor



Backward Chair

Opens hips, allows for counter pressure, allows for rest

Sit backwards on chair or preferably toilet

Active Labor



Ball Squeeze

Relieves Symphysis Pubis dysfunction

Squeeze ball between knees 10-20, then between thighs 10-20

Daily



Calf Stretch

Helps lengthen and strengthening hamstring in preparing for squats

Use rolled up yoga mat, towel or wall to lean into. Toes of angled foot are about at the arch of the flat foot in distance placement.

Daily, Early Labor



Squats

By yourself, with standing partner, or with squatting partner

Helps lengthen and strengthen pelvic floor, adds flexibility to soft tissue within pelvis

Like you are going to pee/poop in the woods, but you don't want to get it on your shoes... stick your butt Out/Back



Knees over heels
Anterior Pelvic Tilt

Daily, Early Labor, Active Labor





Side Lunge

With Stool, on Steps, with Chair

Do with partner so that chair does not slide/birthing person does not fall

Elevated foot at 45 degree

Grounded foot facing forward

Looking forward, lean towards elevated foot (do not turn towards elevated foot)

Same number of lunges on both sides for balance

Daily, Early Labor, Active Labor



Side Stepping up/down stairs

Opens hips differently

Allows for balance, movement, and gravity

Invites baby to engage

Hold railing, have partner follow each step

Step with first foot up 1-2 steps

Meet first foot with second foot

Repeat all the way up and down BOTH sides of staircase to stay balanced

*wear pad in case water breaks

Daily, Early Labor, Active Labor



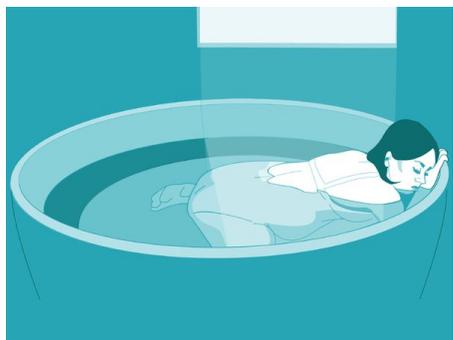
Hands and Knees

Better position for mother and baby

Gives birthing person more control and security in vulnerable circumstances

Our wrists are not normally used for load-bearing exercises, so use a ball, bed, chair or pillow if wanted

Sway hips, apply counter pressure, or push if it's time



Tub Time

Helps ease contractions, relieves back and hip pain, allows baby to move more easily when birthing person is relaxed

Get in water; tub, shower, sit, stand, hands and knees, reclining, squatting, etc. Sometimes helps if partner pours water over belly or back during contraction

Daily, Early Labor, Active Labor



Peanut Ball

Magically opens up hips for baby to come down when rest or an epidural is needed

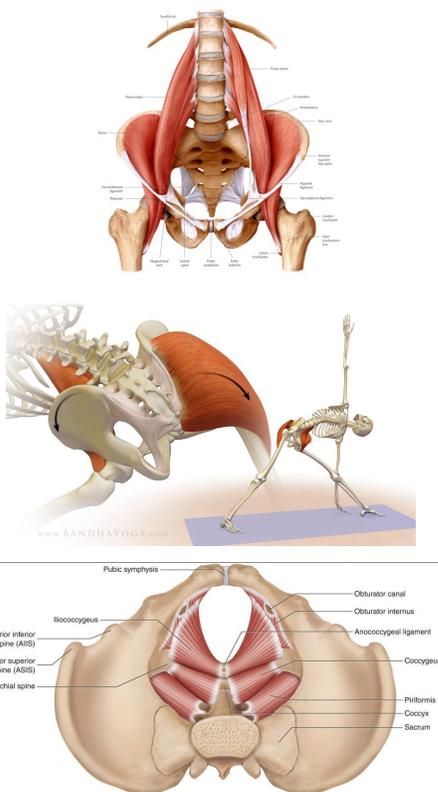
How the ball is positioned matters! Hips opening upward means baby can come down into pelvis, hips opening downward means baby can come down and out

Daily, Early Labor, Active Labor



Deep Breathing

Breathing in through our nose gets the oxygen molecules into our bloodstream faster than if we breathe through our mouth, giving us the birth *high* we need to cope through those stronger, longer contractions. Breathing out through our mouths gives us the relaxed control we need to let go of the pain or fear associated with the contractions. Soft lips, soft tongue, relaxed jaw and shoulders, and letting out the low sounds of “Ohm” or “Ohhh” will help us find rhythm and relaxation. We will invite the breath and the contraction in, and baby down and out. Breathing low, where we want the baby to go. What happens with our face and shoulders, will surely happen with our cervix and bottom. Keep it loose and relaxed!



Balance, Movement, & Gravity

Balancing the body (ligaments, muscles, joints, and tissues) will allow the baby more space prior to and during labor that could otherwise stall progress. Ex: lengthening the pelvic floor, versus strengthening it, will give the baby more room to come down through it in the correct position versus being too far forward (anterior) or backward (posterior). Lengthening can also help with any twisted ligaments that could also stall labor due to disallowing baby access to turn and descend.

Movement throughout pregnancy and labor will counteract a sedentary lifestyle that has stalled progress. We cannot (or should not) run a marathon without stretching, so we should not go into labor without exercising the specific muscles and tissue used in birthing. The more we move, the more the baby can move and the sooner we will meet them!

Don't fight gravity, but rather, help it work effectively. The more we are vertical, the easier time the baby will have descending.



Love yourself and/or your partner

If you start to worry that there are too many people in the labor room, or that there is too much pressure to progress, or that you feel unsafe in any way, I suggest to ask everyone to leave and pour some love on yourself or your partner. "Get Kissy" as I like to say. Because just as foreplay will help prepare your body for intercourse, it can also help things loosen and relax for childbirth. As above, so below. Relaxed lips, soft tongue, equals relaxed muscles and soft cervix.



Side Lying Release

<https://www.spinningbabies.com/pregnancy-birth/techniques/side-lying-release/>

The pregnant person chooses which side she feels more comfortable with first, but be sure to do this on BOTH sides so the pelvic floor is more even. This is very important!



Begin on your side of choice. Make sure your head is level on a pillow, *not tilted*. Your neck should be straight as well. The helper should stand in front of them, with their leg or hip firmly against the edge to keep the pregnant person from tipping off. Holding a chair or table near the edge of the couch, the pregnant person scoots their hip right up to 2 inches from the edge. A 3rd-trimester pregnant belly will extend beyond the edge. The helper curves both palms around the edge of the pregnant person's hip (front and top). The helper must prevent the pregnant person's hip from leaning forward after their leg hangs. Slightly rock the hips to help relax the muscles. This is so slight, as if to put a tiny baby to sleep. The pregnant person then straightens their lower leg, but the helper must not pull the leg straight. Toes should be up (flexed) toward their knee. When the helper is steady and in place (but not before), the pregnant person slightly lifts their leg up and over their thigh and then lets it slowly hang down in front of her. Wait 2-3 minutes or until the leg hangs slightly lower. Do both sides so you don't make the pelvis unstable. The pregnant person should then get up and walk around the room in each direction, or down and back in a straight line, depending on the space available.





Forward Leaning Inversion

<https://www.spinningbabies.com/pregnancy-birth/techniques/forward-leaning-inversion/>



Open the Brim

<https://www.spinningbabies.com/pregnancy-birth/techniques/other-techniques/walchers-open-the-brim/>



Open Knee Chest

<https://www.spinningbabies.com/pregnancy-birth/techniques/other-techniques/open-knee-chest-start-over/>