



Healthy Families Homebirth

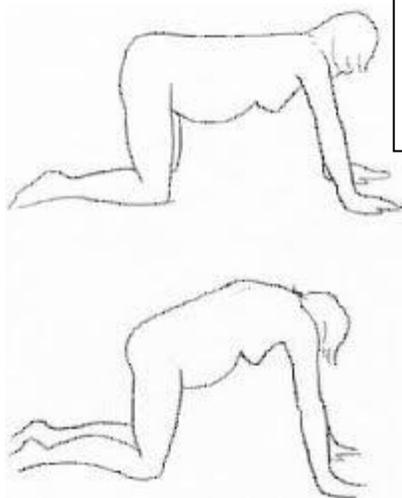
Cheryl Furer, CPM, RM, CHom
600 S. Airport Road, Suite G.
Longmont, CO 80503
cheryl.furer@msn.com
Phone: 303-718-1554
Fax: 720-600-4386
www.healthyfamilieshomebirth.com

Helping a Posterior Baby Turn Anterior

Beginning at about 38 weeks, you and your baby should start getting ready for labor. Exercising in a way that gets your baby into an optimal fetal position can make the labor process go smoother. The best way for your baby to be born is for the back of his head facing the front of your body, or occiput anterior. Babies can be born in different positions, but occiput anterior is ideal for reduced back pain and time in labor. The key to these exercises are upright, forward leaning positions, with your knees lower than your pelvis. Avoid sitting in semi-reclined positions, like long car rides, and with crossed legs.

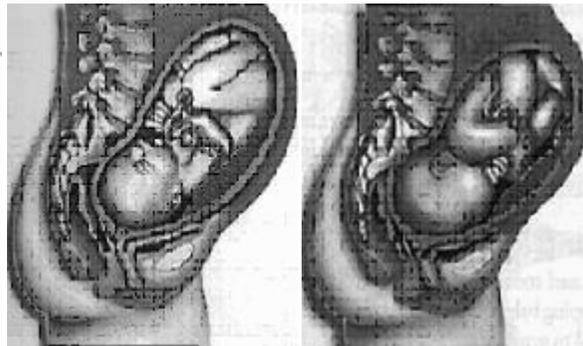
Some exercises to try (it may be helpful for someone to read to you while you try it on the first time):

- Cat-cow- sit on the floor on all fours- your hands and knees. Let your belly and head drop to the floor- just breathe and relax. Arch your back- like a cat- while your head and back of your butt reach for the floor. Breathe. Now relax your back and stretch your neck in front of you. (Tilting your head back may cause unnecessary strain on your neck.) Breathe. Do as many as feel comfortable.



Yes! You can feel baby's spine against your belly.

Oh no. You are likely having back pain or soreness and feel kicking in the front of your abdomen



- Pelvis tilt- this isn't so much an exercise, but it's a way to bring awareness to your posture. Standing without shoes on, put both hands on your hips. Tilt your hips, in an exaggerated way, to the front. Now tilt your hips to the back, almost as if you're going to sit. Now stand normally again. Feel from the bone of your hip to the side of your butt. Can you feel your hips naturally tilting more to the front or the back? You want the hips

This is general information. Please speak to your health care provider about your unique health needs.



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to be close to up and down. This can be a challenge when you have a big belly tugging at your low back and if you wear high heels often.

- Figure 8s- Stand with feet hip width apart. Be sure to keep your knees bent during this!!! Put your hands on your hips and move your hips- left side forward, right side back; then right side forward and left side back. Keep the movements, slow and steady. Feel free to turn up your favorite tunes and add your own moves too!
- Walking gets your pelvis rocking and lets gravity help move your baby to the right place.
- Going up and down stairs is a great way to get your pelvis to tilt properly. Do two or three at a time for a lunge.
- Swimming will reduce the added weight and stress to your legs. Swim with a doggie paddle or breast stroke (your legs should kick, instead of a frog kick). This will encourage your baby to have his back on the outside of your belly, and not against your back.
- Prenatal yoga classes- These classes are generally designed to help your body relax and open up for labor. If these classes leave you feeling stressed or sweating too much, I would find one that is focused more on relaxation.

Other recommendations:

- Use your birth ball- Sit on your birth ball instead of the couch or lounge chairs- watching TV, in front of the computer, or knitting. Be sure that the size of the ball is right for you. Your knees should be at the same height or lower than your pelvis. The goal is to have your pelvis tilted forward with your knees lower.



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