

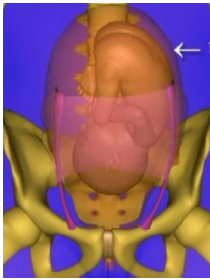


Baby's Position for a Safe & Healthy Birth

Presented by the Broome County Childbirth Advocates

Ideal position: (Vertex – (LOA) Left Occiput Anterior)

- Baby's head is down with his chin tucked to his chest.
- His back is along moms left side with his feet and arms facing her abdomen.



A well aligned pelvis allows the ligaments, muscles and uterus to be 'balanced.'

A balanced uterus allows your baby to get in the most comfortable & ideal position.

POSTURE

Standing

- Stay centered between both your feet as best as possible.
- Try not to stand on one side for too long. Shift back and forth.
- Carry things with both hands, not on one hip.

Laying down

- Lay on your left side if possible, but switch sides when you can.
- Knees together w/ pillow between knees to keep pelvis from twisting.
- Lay on back in AM & massage round ligaments daily before getting up.

Sitting

- Don't slouch! This will rock you back on your tailbone and cause pain!
- Sit upright & let your belly hang out like a hammock.
- Try to keep your knees lower than your hips.
- Use an exercise ball or Swedish chair (if you have one).
- Sit backward on a chair. Lean arms/forehead on backrest of chair.
- DON'T CROSS YOUR LEGS!!!



EXERCISES

Piriformis Stretch

Sit with 1 leg crossed over the other, resting the ankle on top of the knee. Gently press down on the knee until the shin is almost parallel to the ground and hold for 30 seconds. You should feel a pull deep in the buttock.



Imaginary Stairs / Figure 8's

Squats!

- Stretches perineum
- Strengthens legs
- Increases pelvic outlet by 10%
- Shortens the depth of the birth canal

WEBSTERS TECHNIQUE



The Webster technique is a specific chiropractic analysis and adjustment. The goal of the adjustment is to reduce the effects of pelvic dysfunction by aligning & balancing the pelvis.



WEBSITES

www.spinningbabies.com – Great site for baby positioning & what to do
www.icpa4kids.org – Wealth of information about family wellness & birth
www.babycenter.com – Amazing 3D animation videos of pregnancy & birth!

UPCOMING EVENTS

Saturday, June 8th

'Easing the Discomforts of Labor'

w/ Katherine Guiles, RN, BSN & Amy Lynch, RN, BSN

Saturday, July 13th

'Relax Baby!' Infant massage

w/ Michelle Slabicki – Certified Doula



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