

10 birth active Positions



Supported Squats

Stand near the wall or ask your assistant to support you from the back. Legs wider than shoulders, bent, back straight (join pressed to the wall). Use diaphragmatic breathing.



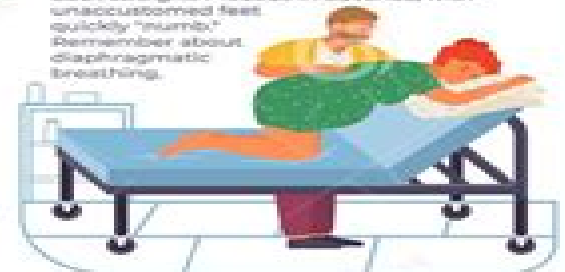
Standing on all fours

Stay in a convenient location: on a bed or on a rug on the floor. Sway back and forth - imagine yourself as one big ball. Use diaphragmatic breathing.



Kneeling, leaning on a prop

Sit on your knees, socks together, heels apart, back straight. Practice in advance, with unaccustomed feet quickly "numb." Remember about diaphragmatic breathing.



On fitball

Exercises for fitball for pregnant women help not only in the process of gestation, but also prepare the body for the upcoming childbirth. In addition, immediately after the birth of the child, the body of the mommy will recover faster.

Water genera

This method is used to reduce pain, increase the level of comfort during childbirth, mitigate birth stress in a newborn caused by a sharp drop in temperature, gravity, light and sound effects.



Leaning on a prop

Sit on your knees, socks together, heels apart, back straight.



Lying on your side

Helps correct insertion of the head into the birth canal and reduces the likelihood of injury to the baby.

Labor Or Birthing From The Inside Out

Terry C. Jones



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