

Optimal Fetal Positioning

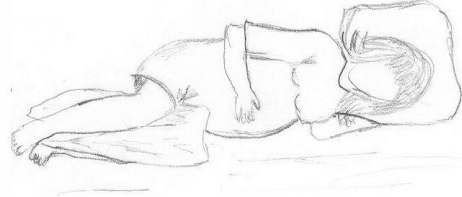
Babies want to come out the easiest way. Do your part to help baby out!

- **Avoid Reclining!**

- Think of your uterus as a hammock. Baby wants to lie with it's back in the hammock. Keep your uterus forward to allow baby to lie correctly – reclining encourages the baby to use your spine as the hammock. Keep your knees lower than your hips.



- If you feel the need to put your feet up, lie on your left side, rotate toward the front. If you still feel you need to get your feet up, you can stay on your side and put more pillows under your feet.



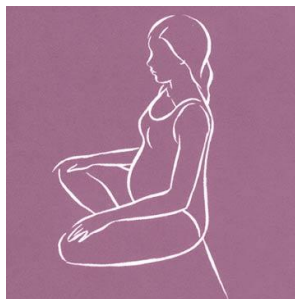
- **Get on your hands and knees!**

- How many animals do you see walking around on two legs? Hit the floor! Crawl around and do pelvic rocking/pelvic tilts. This allows the baby to get up out of the pelvic ring and move a bit more.



- **Sit with your legs crisscrossed!**

- Keeping your legs wide allows more space in the pelvis.
- When you sit this way, lean forward and lift off of your tailbone. You will feel your spine straighten and your uterus angle forward.



- **Lean forward!**

- Drop your shoulders and relax with your bum up in the air. Kneel in front of a couch, chair, bed, exercise ball, etc and lean over onto it.

