

Preparing your body for birth tips

If you planning and preparing for a normal vagina birth then I have some tips for you to help prepare your body for better birth outcomes:

Benefits of a normal vaginal birth and preparing your body for it are:

- ♥ Improved ability to move about during birth and recovery postnatal
- ♥ Generally less time healing and recovering postnatally
- ♥ Helps baby's gut flora

To help your body prepare for birth, there are things you can do to make it labour and birth easier and shorter:

- ♥ Create hip and pelvic balance and mobility. You want your pelvis to be balanced, not tilted or tipped and you want it to be mobile, so do exercises to encourage this such as nges and squats with good form
- ♥ Upper body mobility: your upper body is the top of core system, too much tension can influence core strength, baby positioning and too much pelvic floor tension. Do some daily upper body mobility movements and stretches (band pullaparts, childs pose over swissball or chair, overhead reach, open books)
- ♥ Deep core strength will support the growing weight of your baby to help find good position for birth and help with your recovery (Try deep core exercises; squats, cat/cow, birddogs)
- ♥ Pelvic floor, your baby has to be able to get out but your pelvic floor has to be strong enough to hold your baby in comfortably as it grows during pregnancy. Don't just do daily pelvic floor exercises, ensure you are relaxing and incorporating your pelvic floor into your functional daily lives and exercise.
- ♥ Keep moving in a variety of ways throughout your day to keep your body strong and mobile during pregnancy.