



Head Down, Tush Up:

Getting Your Baby Positioned for Birth

Things to do now that can make a difference in your birthing experience:

~ Pelvic rocking ~
gently move your hips
back and forth, either standing or on the
ground on all fours (ie cat/cow)

~ Hip circles ~
the Hula, a birth dance
...it's not just for grass skirts any more!

~ Legs Apart ~
Sit the way your grandmother told you
never to! When you allow your knees to
fall open, you create space in your pelvis
for your baby.

Your baby understands everything
but highly technical language...
so ask for what you want!

**For deeper support, contact Amy @
413.222.8616
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~ Prenatal Yoga ~

Learn from an experienced teacher,
& practice at home with your honey.

~ Get on Hands and Knees ~

Play with children or small animals
...or pretend to!

~ Stand Tall ~

Pretend you are balancing a book on
your head. Better yet, go get a book!

~ Butterfly ~

Sit with soles of feet together, let your legs
fall to the side & balance that book!

~ Squat or Bounce ~

When your provider confirms your baby
is head down

~ Visualize ~

In your mind's eye, see
your baby in the headdown position

~ Talk to Your Baby ~

Your baby is a person.
Ask your precious one
to be in alignment for birth:
Head Down, Tush Up!

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