

**Amy Mager MS, Lic.Ac.,
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(NCCAOM)
Acupuncture & Chinese
Herbal Medicine**



Empowering things you can do to prepare for birth

1. Watch Funny Movies! Laughing opens and heals. This relaxes your jaw & your mouth which relaxes your pelvic muscles & the mouth of the cervix.
2. Breathe softness down into your cervix. "Softening, ripening, opening" is always my mantra from 37.5 weeks on.
3. Close your eyes. Breathe in through your nose & out through your mouth. Breathing in anything you need to nourish and nurture yourself. Breathing out, letting go of one thing you're holding onto, one thought, one place that's tight or holding. Give yourself the gift of 3 breaths – any time.
4. Squat, squat squat. Flat footed squatting opens your pelvis, supports your babe to move down and apply effective pressure to your cervix. You can lean on a ball or at the foot of your bed. You can do supported squats with your partner behind you, arms through your armpits.
5. Dance party at your house. Your baby's head is the heaviest part of your baby. Hip circles will move your baby into alignment for birth & apply pressure to your cervix. Your cervix being soft will help your contractions work effectively. **Acupuncture helps with this.** Relaxing and opening are the name of the game and support the process.
6. Talk to your precious one. Engage and involve your baby in the process. Your baby understands everything but highly technical language. Ask baby to move down and down. The softer your cervix is, the more effective your contractions can be.

Things to do:

- Make a list of things family can do**
- Set up a MealTrain**
- Walk with someone**
- Make sure you are well hydrated**
- Eat well**

Amy Mager MS, LicAc has been nationally certified to practice acupuncture since 1988. She graduated from the American College of Traditional Chinese Medicine in 1989 with an MS in Traditional Chinese Medicine. She was first licensed in CA where acupuncturists are licensed as primary care providers. Amy apprenticed with midwife & L.Ac. Dr. Raven Lang while in school. Amy is a trained birth educator, birth assistant and CLC. Amy has done advanced studies in women's healthcare with Sharon Weizenbaum LAc and Dr. Claudia Citkowitz .L.Ac

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**Acupuncture &
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Specializing in Women's Healthcare
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