



Midwifery Led Care
Public & Private

- 08 624 462 79
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- Joondalup Private Hospital

Exercises to Prepare for Birth

Overview

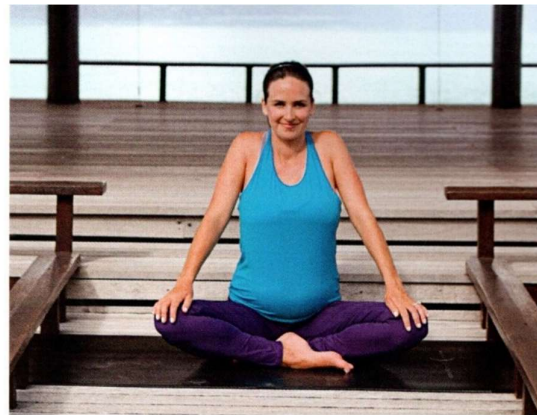
The demands on the body during pregnancy are significant. Preparing for birth by staying active is a fantastic way to ensure your body is ready. Certain exercises not only support your overall well-being but also encourage your baby's descent into the pelvis and help facilitate the opening of the pelvic area.

Breathing for Labour

Breath work is a powerful tool during labour. A simple technique is to breathe in through your nose and out through your mouth—imagine you're blowing out birthday candles. This should be a **mindful breath**, meaning you bring your attention to the breath itself. Simply focus on the actual act of breathing.

Walking

Walking is underrated in the preparation for birth, at least 30 minutes a day.



Bound-angle Pose

Sitting in this pose and then sitting straight up moves the pelvis back and forth. The “heels in” position will help baby move down into the pelvis.

Neck and shoulder rolls

Do these positions when you're sitting in the up-right position with the bound-angle pose.

3 – 5 times per day

Exercises to Prepare for Birth...contd



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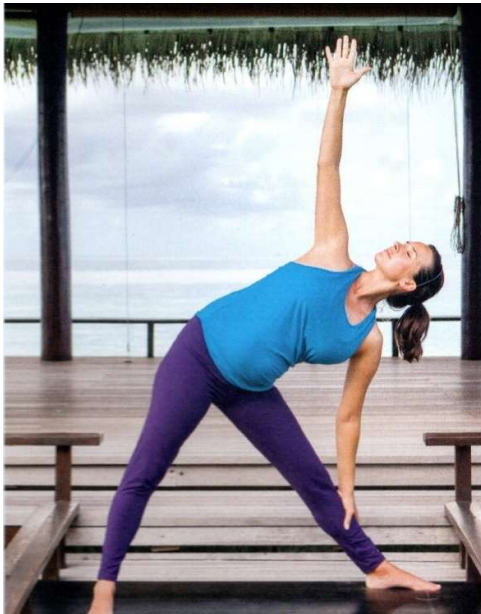
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Pigeon Pose

Start on your hands and knees. Bring your left leg forward with your knee towards the left hand and your foot towards the opposite side. Extend the opposite leg out as far as you can – if you can't get down as far as the picture, don't be concerned, you will eventually if you keep practising. Hold and repeat with the other side.

Hold for 10+ seconds, 3 x each side



Triangle Pose

Stand as tall and as proud as you can with your hands on your hips. Turn one foot out to the side and then lean down and grab the ankle have the other arm stretched as high as you can reaching to the sky, look at the hand that is reaching.

Hold for up to 5 – 10 seconds, return to the centre and then swaps sides. 3 x each side

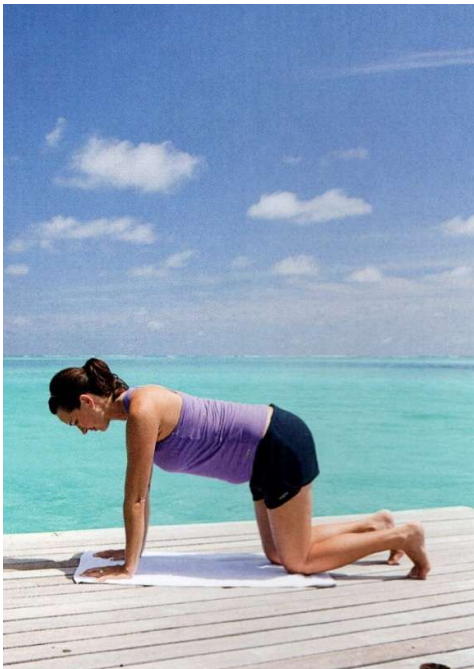
Exercises to Prepare for Birth...contd



Cat / Cow (also great for sciatica)

It involves moving between two poses: the "cat" position, where the spine is rounded upward and the head is tucked in, and the "cow" position, where the back is arched and the chest is lifted.

Hold each position for 5 – 10 seconds, repeat 5 to 10 times



Bird – Dog

Start on all four extend your right arm forward and your left leg backward focusing on your breath, reaching as far as you can.

Hold for 3 – 5 seconds when completely extended. Repeat 5 times each side.