

## **Your Baby's Position**

### **Why do you want your baby to be well-positioned?**

- \* The number one reason for transport in our practice is fetal malpositioning!!
- \* This is because a malpositioned baby makes labor more painful and longer, which can exhaust mom and baby!!

We live in a culture that spends very little time down on the floor or the ground as part of our daily lives. There was a time when most humans spent a great deal of time squatting in front of the fire, bending over picking nuts and berries, playing on the floor with children, clearing the floor or ground in the living area. Now that we have a completely different lifestyle, most people hardly know their floors, and many consider them to be unclean and undesirable.

This time spent forward-leaning and on our hands and knees helped our babies properly align themselves in the pelvis. Because of the change in our lives, it's harder for our babies to line up properly in the pelvis. For this reason, your midwifery team **REALLY** wants you to spend a lot of time in the last trimester in forward-leaning positions and on your hands and knees.

A well-positioned baby:

- Is head down!
- Has its chin tightly tucked to its chest.
- Is in a straight line from the crown, down the spine, to the rump
- Enters the pelvis in the LOT - **L**eft **O**cciput **T**raverse (preferably), or the ROT - **R**ight **O**cciput **T**raverse position

### **How can I avoid a malpositioned baby?**

1. Hand and knees pelvic rocking, 3 times per day for 10 minutes at a time
2. Lots of pelvic movements like hoolahoops, bellydancing, etc
3. **DON'T RECLINE!** Choose active and upright positions
4. Put a pillow or wedge under the back half of your fanny in your car for driving
5. Spend time leaning over and swaying
6. Talk to baby, tell him or her it's important that (s)he's in the right position
7. Get chiropractic care in the last couple of months.