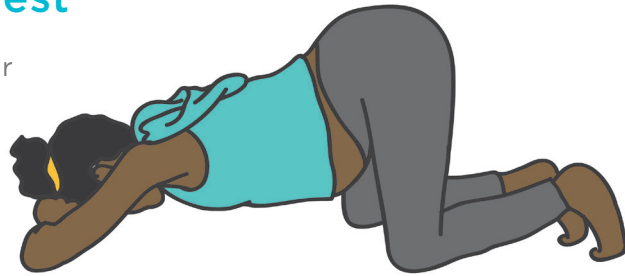


Get Labor Going

These 3 positions can help you **get your baby lined up before you start pushing**. Make sure you pee before you start and keep water close by to stay hydrated.

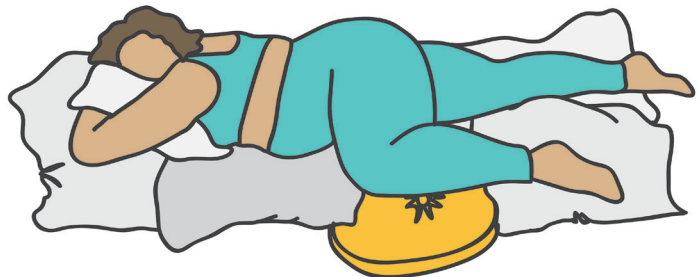
Position 1: Open Knee Chest

Start on your hands and knees, drop your chest and lift your butt. Your knees should be wide apart. The angle between your torso and thighs should be wider than 90 degrees. Move around and use pillows to get totally relaxed. Stay in this position for 30 minutes.



Position 2: Exaggerated SIMS

Start by lying down on a bed and roll to one side. Bring your top leg as high as you can and keep your bottom leg straight. Roll forward as much as you can and pile pillows all around you. Try to get your leg up towards your head. Roll onto your belly as much as you can. Feel free to fall asleep! Stay in this position for 30 minutes.



Position 3: Get Up and Move

While moving you want one hip to be higher than the other. You can do lunges, walk up and down stairs sideways, or take a walk outside with one foot on the curb and the other on the street. Try doing these standing exercises for 30 minutes.

