

<p>Add calf stretches while you're standing: talking, cooking, cleaning...etc. This helps elongate the muscles and ligaments that support the pelvis, soft tissue, and baby's position.</p>	<p>Add a 1/4 mile of walking to your day weekly until you're walking an average of 3-5 miles daily. This includes house work, job movement, or leisure. Some days may be more, some less. Walking improves comfort and baby's position.</p>
<p>Drink 2-3 quarts of healthy liquids daily. One of these quarts can be a blend of nourishing herbal tea. The fresher and hydrating your meals and snacks are, and the less coffee and tea you drink, the less extra fluids you need.</p>	<p>Eat a rainbow of vegetables and fruits daily to provide your body and baby with all the phytochemicals needed for whole body function.</p>
<p>Every meal and snack should contain: protein, fat, and carb in a healthy form. This improves digestion, increases blood volume, and helps prevent toxemia.</p>	<p>Be in a squatting position: when eating, gardening, watching TV, playing games, putting dishes away, or using the bathroom. Squatting releases tension in the pelvic floor area and supports an ideal position for baby.</p>
<p>Check your Prenatal Supplement for: all whole foods, folate (NOT folic acid), and normal amounts of nutrients. Synthetics are hard on the body and don't work like real nutrients.</p>	<p>Lemons & Strawberries are high in vitamin C and can help curb nausea. A whole, organic, lemon squeezed into a glass of water daily improves heart health, reduces toxins, and supports the immune system</p>
<p>Dark leafy greens support liver health, help the body remove toxins, provide you with B vitamins for energy, and help the blood to expand to nourish baby. Increase dark leafy greens all throughout the day.</p>	<p>Many of us are low on Vitamin D and Magnesium. Get plenty of sunshine every day and eat all the colors of the rainbow (especially greens). These are supplements worth considering if you're low for overall health of you and baby.</p>
<p>Regular bowel movements (at minimum once a day, but ideally after every good meal) are imperative to reducing toxins, preventing hemorrhoids, and overall prenatal health of you and baby.</p>	<p>Bodywork including osteopathic care, craniosacral therapy, massage therapy, or chiropractic care can improve comfort and baby's position to support an easier birth with less intervention.</p>

<p>Oxytocin is the love and trust hormone, and also the hormone that causes contractions to begin and progress. Anything that makes you feel calm, safe, loved, and happy will build oxytocin for and during labor.</p>	<p>Instincts are your best guide to a happy healthy birth. Listen to them now when making choices, and during labor for positions and birth.</p>
<p>There is no one on your birth team that knows more about you, your baby, and your birth than YOU. Mom and baby work together to bring baby earthside.</p>	<p>Surrender to the journey of birth. Let the surges come and ride their ebb and flow rather than trying to control the sensations for optimal comfort and progression</p>
<p>Choose a birth location that not only supports your comfort, but also basic birth physiology to help avoid unnecessary interventions</p>	<p>just labor. just birth. just breathe™</p>
<p>Your birth guide doesn't dictate how people practice, but is a tool to communicate better with your birth team. Share this with your team prior to labor and discuss so you know expectations</p>	<p>Your blood volume needs to double through pregnancy to nourish yourself and your baby. Eat well to feel your best and prevent complications.</p>
<p>Do the work in pregnancy. Move well. Eat well. Be well. The more work you do in pregnancy, the more you can enjoy the birth</p>	<p>Learn to do all the steps of a basic prenatal. Understanding what your provider is monitoring provides confidence so you can be a part of your team rather than at the mercy of others</p>
<p>You have the right to accept or refuse anything in pregnancy, labor, birth, and postpartum. Anything.</p>	<p>An ideal birth time is between 37 and 42 completed weeks. Most moms birth closer to 41 weeks. Note your birth season, not a due date.</p>

<p>Remember your BRAIN ?s <u>B</u>enefits? <u>R</u>isks? <u>A</u>lternatives? <u>I</u>ntuition? <u>N</u>othing/<u>N</u>ot Right Now?</p>	<p>Discomfort in pregnancy is a sign to change something. Movement. Bodywork. Support.</p>
<p>All weight gain or loss is ideal when it comes from healthy balanced nourishment</p>	<p>It isn't a concern that labor might be uncomfortable. Remember that you are STRONG</p>
<p>Spontaneous labor is ideal for labor progression, comfort, baby's health, mother's health, and breastfeeding</p>	<p>"Giving birth can be the most empowering experience of a lifetime – an initiation into a new dimension of mind-body awareness." –Ina May Gaskin</p>
<p>"No other natural bodily function is painful and childbirth should not be an exception." –Grantly Dick-Read</p>	<p>A Happy Birth is a Healthy Birth</p>
<p>"Birth is not only about making babies. Birth is about making mothers – strong competent, capable mothers who trust themselves and know their inner strength." –Barbara Katz Rothman</p>	<p>"I'm not telling you that its going to be easy, I'm telling you that its going to be</p>
<p>My body was made to grow this baby. My body was made to birth this baby. My body was made to nourish this baby.</p>	<p>Mom dilates. Baby rotates. Environment facilitates. Birth happens.</p>