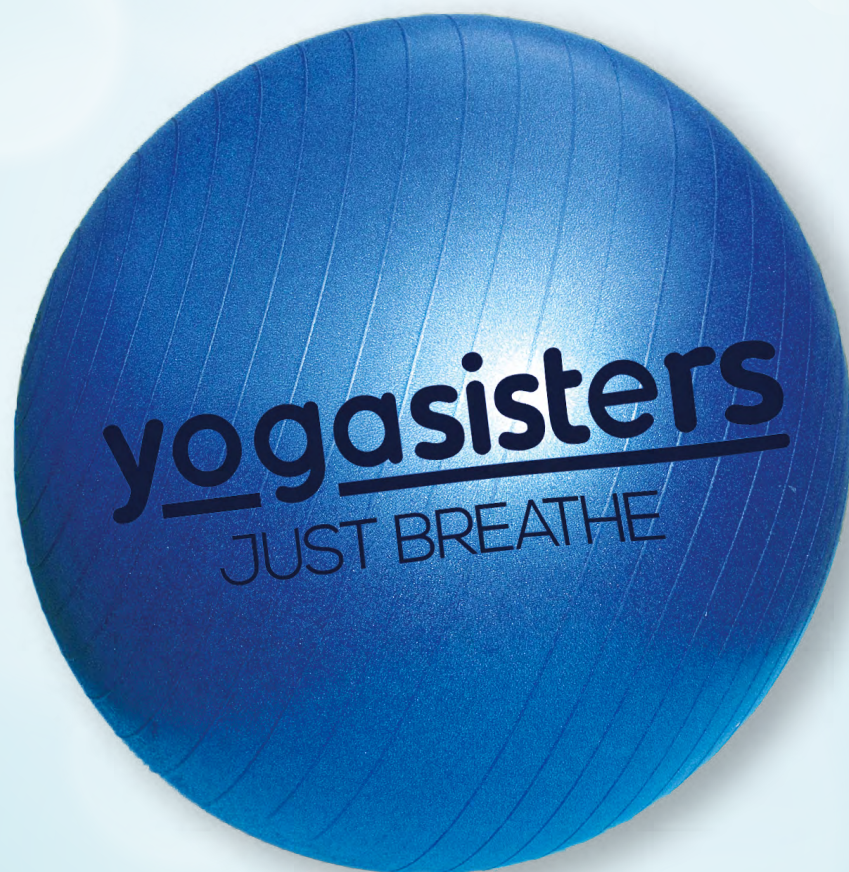


BIRTH BALL

FOR USE DURING PREGNANCY



**CLICK HERE TO SEE HOW TO CHOOSE THE RIGHT BIRTHBALL
AND HOW IT CAN HELP YOU IN PREGNANCY.**



Or visit directly: https://www.youtube.com/watch?v=uE3S_18StvI

Great now you know which ball to purchase I thought i would share with you the incredible benefits of using a birth ball during your pregnancy.

Sitting on the ball regularly can help with lower back ache and can prevent you from slouching in a chair if you replace it for a birth ball. The use of your ball is great for your babies position as it will encourage baby to get into a great optimum position.

At the end of the day when all you want to do is 'couch slouch' using the ball behind you to support your back on your couch can prevent baby from moving into a back to back position which often occurs if we have poor posture.

You can also use your ball to help you with squatting so like a supported squat to help open the pelvis (however there are some contraindications (no, no's) for some ladies with regards squatting - please avoid if you have a low lying placenta or have had previous miscarriage.)

In classes ladies love to use the ball to adopt a position similar to sleeping on your front (which ladies often miss) by adopting a all fours position and then leaning over the ball with your arms hugging the ball on either side.

SO HERE IS A LIST OF GREAT REASONS TO START USING YOUR BALL WHICH CAN HELP DURING. **PREGNANCY & BIRTH**

- ➞ By using the ball you adopt a optimum position for birth.
- ➞ It encourages your baby to descend into the pelvis.
- ➞ It helps a baby to rotate out of a posterior position.
- ➞ It encourages your pelvis to relax
- ➞ It allows you to easily perform pelvic rocking
- ➞ It encourages rhythmic body movements
- ➞ It definitely helps to relieve back pain
- ➞ It can still be used in labour if you are being monitor with a machine
- ➞ It helps with pelvic mobility
- ➞ It provides perineal support without due pressure
- ➞ It takes advantage of gravity during and between contractions
- ➞ You can go into the hands and knee position with ease
- ➞ You can be given a back massage on the ball
- ➞ In Labour it can help a baby rotate and descend in labour
- ➞ You can use a ball to assist with a supported squatting position
- ➞ It can help you maintain a wider pelvic outlet whist you give birth
- ➞ It removes the hard external pressure of a mattress or a chair
- ➞ It encourages you to move freely with ease and comfort
- ➞ It can relieve pressure on haemorrhoids
- ➞ It may even speed up labour
- ➞ It helps contractions be less painful and more productive
- ➞ It can help you sleep during the latent stages of labour.

WE HOPE YOU ENJOYED YOUR FREE BIRTHBALL GUIDE

We offer a video to show you how you can use the Birth ball in different positions during pregnancy and whilst in Labour with your partner.

So if you want to get this information and actually practise how best to use your birth ball to make your experience in pregnancy and labour so much more empowering and relaxing, please register your interest in the link below.

**May your pregnancy continue to be
a wonderful experience.**

***With love and light,
Karina***