

5 Ways to Prep Your Body for Birth with a Birth Ball

Birth Ball Selection Guidelines

- Get a burst resistant ball
- Make sure to properly inflate your ball
- Hips should be equal to or above knees when feet are flat on the floor (2-3 in higher)
- Less than 4'6" = 30 cm
- 4'6"-5' = 45 cm
- 5'1"-5'5" = 55 cm
- 5'6"-6'2" = 65 cm
- Greater than 6'2" = 75 cm



1- Use in place of a chair (make sure hips are above knees)

2- While sitting, do hip circles and figure 8's (in both directions), also do pelvic tilts (pubic bone to nose and then pointing down)



3- On all 4's, leaning on ball (add pelvic tilts)

4- While sitting, move laterally side to side as far as you can go (repeat with one foot on a yoga block)

5- On all 4's, leaning on ball, with one foot on the floor (add a rock forward and back)

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*A Mother is Born
with Doula D*

DONA trained Birth Doula
Certified Body Ready Method Pro®

