

Proper Pushing

Preparing Your Body For A Safe + Beautiful Birth



Push it...push it real good.

Our bodies were beautifully designed with muscles that work in harmony to do a majority of the work for us. Forcefully straining to deliver your bundle of joy is not necessary. The key components to a comfortable, speedy pushing stage of labor are birth position, breathing patterns and perineal support measures.

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EFFECTIVE BIRTH POSITIONS

Squatting
All fours/Quadruped
Kneeling
Birthing Ball
Sidelying
Reclining

2

PROPER PUSHING + BREATH PATTERNS

Don't hold your breath
Keep mouth open and jaw relaxed
Diaphragmatic breathing + TA activation
Relaxation scripts
Listen to your body

3

PERINEAL SUPPORT MEASURES

Perineal massage
Warm compress
Breathe the baby down
Request a mirror for visual feedback
Change positions if something isn't working

LIST OF DOS

- Use an effective birth position
- Learn proper breathing
- Prep your perineum
- Listen to your body
- Consider working with a pelvic health practitioner to learn safe techniques for delivery.



LIST OF DON'TS

- Don't hold your breath
- Don't push when you don't feel the urge

