

# Deearna Withey

Deearna's Maternity Agency

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MATERNITY NURSE

*Deearna is a Global Newborn Educator, Maternity Nurse, Twins & Multiples Expert, Trouble-shooter, Feeding Consultant & Doula.*

## STEPS TO AVOID POSTERIOR POSITIONS

The back is the heaviest side of a baby's body, this means the back will naturally gravitate towards the lowest side of your abdomen. You need to avoid positions which will encourage your baby to face your tummy.

*Here are a few suggestions for you.*

- Try kneeling over a beanbag or cushions.
- Use yoga positions while resting such as the tailor pose; sit on the floor with your back against the sofa nice and upright with your feet together and knees out to the side.
- Never cross your legs, this reduces the space at the front of the pelvis and opens it up at the back – we really don't want this to happen; the baby needs to have maximum space at the front.
- Sleep on your side not on your back.
- Swimming with your belly down is thought to be good for positioning babies. Especially breaststroke as all the leg movements help to open your pelvis and settle the baby downwards.
- Birth balls are fab they encourage good positioning for before birth and during labour.
- On all fours: wiggling your hips from side to side.

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[www.deearnas-maternity-agency.co.uk](http://www.deearnas-maternity-agency.co.uk)