

# Birth Ball

## Why is it important to get a birth ball?

A birth ball, also known as an exercise ball or a stability ball, can be a valuable tool during pregnancy and childbirth. Sitting on a birth ball encourages good posture, which can help alleviate back pain and discomfort during pregnancy. It also helps to strengthen the pelvic floor muscles, which can make childbirth easier and reduce the risk of tearing.

Using a birth ball during labor can also be beneficial. The gentle bouncing motion can help to ease pain and discomfort, while the sitting position can aid in the descent of the baby and help to open up the pelvis. Additionally, a birth ball can provide a comfortable and supportive place to lean on or rest during contractions.

## Daily movements to do on your birth ball

1



Pelvic Tilts

2



Cat Cow

3



Squats

4



Stretches

5



Pelvic Circles

## What size ball is for you?

Getting the right size ball for you is important. When sitting on the ball with your knees over your ankles. The angle between your torso and leg should be slightly greater than 90 degrees

Most woman are a 65cm or 75 cm ball. If you are 173cm or below 65cm would be suit you. If you are taller then 75 would probably be the way to.

When pumping up the ball it might take a few goes. Pump it up as high as you can (do not use a compressor as it will stretch it to much). Just until it feels full. Then it on it for a week as much as you can. This will stretch teh plastic and allow you to pump it up again.

This is the point that you want to make sure your torso and pelvis are greater than 90degrees. You want tyou knees slowing down slightly. But make sure it feels comfortable.



Your size:

# Birth Ball

## What are these movements

All of these movements should be done to where you feel comfortable. Please don't do it if you feel pain. Your body will be slowly trying to guide you into the movement listen to it. Take it slow. Use your breathe and allow your body to relax to the sensations. If its not working don't worry, do it the next day.

## Daily movements discription

1

2

3

4

5



Pelvic Tilts

Moving your hips left to right. Keeping your torso still.

Feel into your body and move to where you feel tight your loose  
Make them as big or as small as you need that day



Cat Cow

Hands under your shoulders, knees under your hips. Moving your body from a neutral spin position to looking up and flexing your tail bon up with an inhale then moving through to round your back out.



Squats

These squats can be great for strengthening your pelvic floor but lengthening it out. Which is ideal for birth. Lean with your back against the wall. Moving into a squat and slowly to standing.



Stretches

Using your ball to guide you into gentle stretches.

These can be side stretches upper back stretches leg stretches. Go with what feels right for you on the day. Play around with it as well.



Pelvic Circles

The pelvic circles are fanatic for birth prep. Make sure your torso is still, then rotate your hips in a circle (easiest way to do it is imagine a pencil in your butt and you're drawing a circle, I know sorry about the visual!) 30 each direction

Create a daily ritual that works for you:

Do you want to learn specifics and a whole lot of birth prep?

If you would like to learn more about preparing for birth. You can jump into any of my Hypnobirthing or child birth courses at [www.bellybirthandbubs.com](http://www.bellybirthandbubs.com) or do the self paced at home birth education course. These child birth courses are the best way to prepare for your upcoming birth.

Scan these QR code to make it easy

Face to Face



Self Paced Online

