

THE ULTIMATE LABOR PREP GUIDE

EAT DATES

Eat 3 large medjool dates or 6 small dates per day starting at 36 weeks gestation. If you do not like the taste of dates, chop them up into small pieces, blend with 1 cup of milk until mixed, add in 1 T cocoa powder, 1 banana, and 1 cup crushed ice. Blend until smooth.



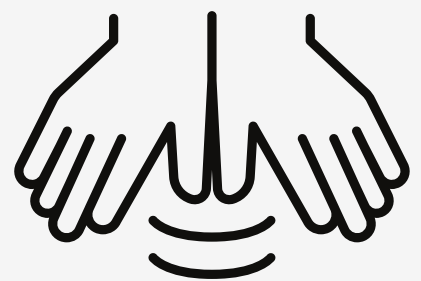
DRINK RASPBERRY LEAF TEA

Drink 1 cup of red raspberry leaf tea per day in the 1st trimester, 2 cups per day in the 2nd trimester, 3 cups per day in the 3rd trimester, and a strong labor day brew on or after your due date or when in labor.



PERINEAL MASSAGE

Start perineal massage from 34 weeks until delivery. Use a safe, non-irritating oil, like almond oil, vitamin e oil, or coconut oil.



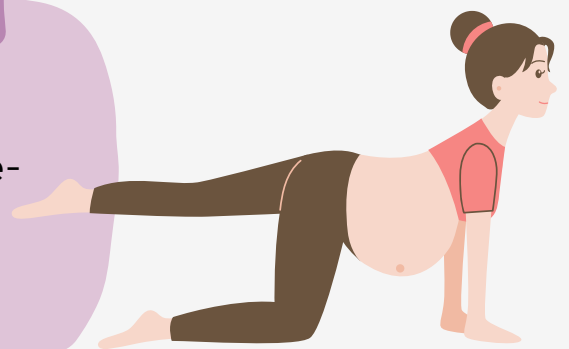
DAILY MOVEMENT

Focus on moving your body everyday. Go for a walk, exercise, swim, hike, dance, whatever gets you up and moving. Do not sit for prolonged periods of time.



BODY BALANCING

Practice Spinning Babies Body Balancing methods. Forward leaning inversion, Side-lying release, and the jiggle.



TRACK YOUR TIGERS

Write down all of your "fears" concerning labor and birth and make a plan for what you will do if they occur. Also make it a point to not listen to anything negative concerning pregnancy, birth, or motherhood leading up to your delivery.



SIT UP-RIGHT

Always sit up-right and do not lean back while sitting. This prevents baby from shifting into a poor position. Put a pillow behind your back to help you get into a more comfortable position.



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BOND WITH YOUR BABY

Take steps to bond with your baby before he/she is born. Read books to your baby, sing to your baby, journal, talk to your baby, make something (sew, knit, draw, paint) for your baby.



VISUALIZE THE BIRTH YOU WANT

Just like an athlete envisions winning a race, take time each day to visualize how you want the birth of your baby to go. Think of specific details. Focus on positive thoughts surrounding your baby's birth.



HIRE A DOULA

Every woman deserves to have a doula supporting them during childbirth. Doulas provide many benefits to laboring mothers. They are the only person in the birthing room who's sole job is to make sure that the laboring mother is comfortable and supported.



TALK TO YOUR BABY

Talk to your baby and tell him/her exactly what you want them to do. Tell them that you want them to be in the proper position, head down, with their hands on their heart. Tell them that you are excited to meet them and that you will work together during birth. Neither of you will be alone.



STAY HYDRATED

Drink plenty of water. A dehydrated uterus has to work harder. Avoid sugary, artificial flavors/dyes, and caffeinated beverages.



LEARN ABOUT BIRTH

Take a childbirth course (like Informed Birth) and learn all that you can about how birth works. Trust me, you don't want to show up to your birth without preparing. This is a critical part of a successful birth experience.



PRACTICE SAYING NO

You can say no to anyone or anything that you do not feel comfortable with. Be an advocate for yourself and your baby. You can say no to tests, procedures, interventions, etc. You do not have to consent to anything. ,

Don't Be
AFRAID
to SAY no