

Walking, Optimal Positioning & Tahitian Dance in Pregnancy

Suggestions for an easier birth by SCBP doula Noriko Ishibashi

From 28 weeks:

- Hands and knees swing hips for 20 minutes once a day
- Cleaning hardwood or tile floor in hands and knees position
- When you sleep, try sleeping on the side you do not favour
- Walk for 30 minutes - 3 times a week
- Squat when watching TV or when on the computer

From 32 weeks:

- All of the above
- Increase walking to 45 minutes - 3 times a week
- Before you start to walk - do Tahitian hip shakes for at least 30 seconds

From 36 weeks:

- All of the above
- Increase walking to 1-1.5 hour 3 times a week
- Before you start to walk - increase your Tahitian hip shakes to at least 1 minute

You could do one entire Tahitian dance song - each day!
(Google it - Fast songs are better for Tahitian)

When your labour starts:

- During the day shake your hips as usual then walk as much as you can
- During the night, try to be in hands and knees position with head down
- Do hands and knees swing as much as you can
- Please check in with your caregiver before doing squat position in labour



Optimal positioning helps the baby into an anterior position, tucks the baby's chin to the chest and makes the overall diameter of the baby's head smaller which = the baby moving down easier and an easier birth for the mom