

Birthing Balls



A birthing ball can be an important tool for you to use during labour. The birthing ball helps you to:

- Relax
- Sit comfortably
- Move your pelvis
- Be in an upright position to help your baby move down
- Move your baby from a posterior position to relieve back pain

Birthing balls are also excellent tools to use after your baby is born. You can do postpartum exercises for your lower body on birthing balls.

Consult a [BC Women's physiotherapist](#) for more information on using birthing balls for postpartum exercises.

How do I use a birthing ball safely?

- Keep feeling the ball as it is pumped up so it is softly inflated and “gives” when you sit on it.
- Cover it when sitting on it with a sheet, a disposable pad or a towel. This helps it keep clean and dry so you do not slip on it.
- Place the ball next to the bed so that you feel secure when first getting used to it.
- Always have someone stand behind or beside you while you lower yourself onto it.
- Your support person should always have a hand on you while you are using the ball and help you as you get up and down and lean on it.
- Place your feet firmly on the floor about two feet apart to provide a stable base before you sit or lean on the ball.
- Hold the ball with your hands as you sit down on it.

Ways to use the birthing ball for labour

- Sit on the birthing ball and lean against something for support. Rock your hips forward and back or sideways to create a gentle bouncing motion.



- Stand beside the bed and place the ball on the bed. Hug the ball while rocking your upper body and swaying your hips.



- Lean over the ball while kneeling on the bed, footstool, or padded floor. You can stay in this tipped-forward position much longer than being on all fours because you do not need to use your hands to support your weight.



- Place it in the bathtub or shower and lean over it while kneeling on a pad.



How do I keep my birthing ball in good repair?

- Follow the inflation instructions carefully. Do not over-inflate.
- Store away from sharp objects, heat or direct sunlight.
- Clean only with warm soapy water.
- Do not use bleach, ammonia or scrub pads.