

Birthing Balls

Using Exercise Balls for Labour and After Your Baby is Born

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How do I use it 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.

Why should I use a Birthing Ball

A birthing ball can be an important tool for you to use in labour.

The birthing ball:

- helps you to move your pelvis
- helps you to relax
- is comfortable to sit on
- helps you be in upright positions to help your baby move down
- helps move your baby from a posterior position while giving you some back pain relief
- may be used when the baby’s heart beat is being checked.

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What are some ways to use the birthing ball

For Labour:

- Sit on it and lean on the bed. Rocking your hips forward and back, or sideways to create a gentle bouncing motion.



- 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 in an all fours because you do not need to use your hands to support your weight.



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



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

After your baby is born

- It is an excellent tool with which to calm a fussy baby. You can sit on the ball, holding the baby, while swaying or gently bouncing.
- Postpartum exercises for your lower body can eventually be done on it.

How do I keep the 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.