

Serenity Birthing – Your Birth and Beyond, The Way that Resonates With You



Module 4 – Optimal Foetal Positioning



Module 4

- ♥ What is optimal foetal positioning?
- ♥ How can we encourage the baby into the best position for labour?
- ♥ What you might like to consider for your birth preferences/ care plan document



What is the best position for the baby?

- ♥ Left occiput anterior – Which means the baby is lying with the back left of their head towards the front of your pelvis and their spine up your left front side
- ♥ This position is most favourable for birth as the smallest part of the baby's head is presenting to fit through the pelvis



How to encourage them into the best position

Use gravity to assist the heaviest parts of the baby to move forward:

- ♥♥♥ Make sure you are sitting leaning forward **not** slouching back
- ♥♥♥ Make sure you lie on your left side **not** your back
- ♥♥♥ Spend time on all fours or forward leaning postures
- ♥♥♥ Make sure your pelvis is higher than your knees so it is tilted forward
- ♥♥♥ Spend time swaying your hips - dancing or sitting on a birth ball



Don't worry... just be proactive

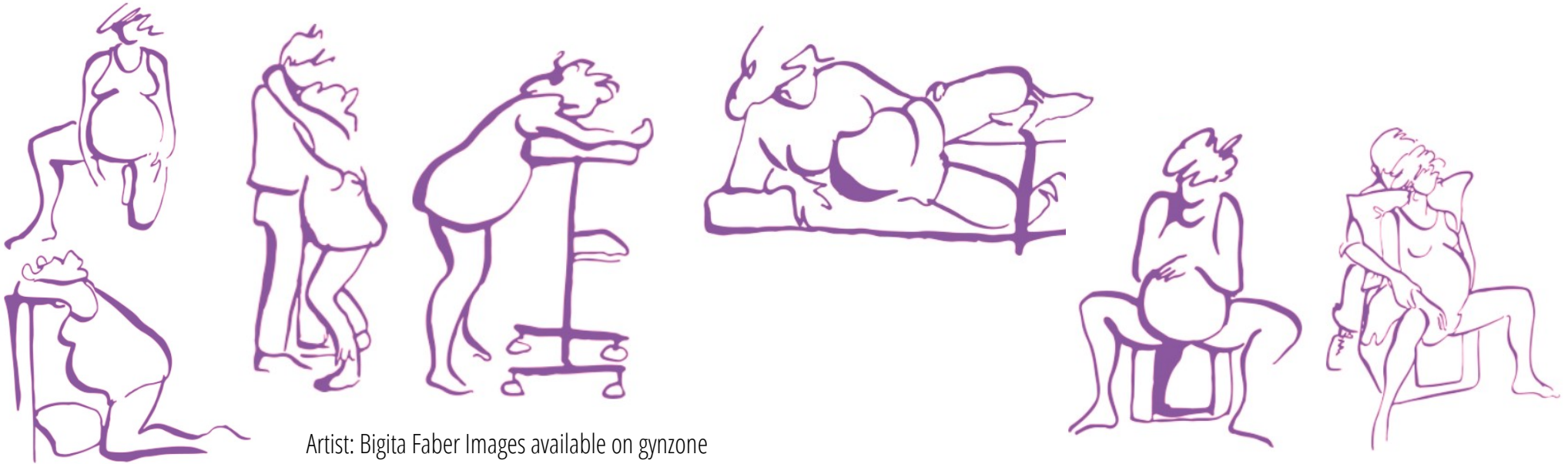
- ♥ Babies turn during labour so try not to worry if they are not occiput anterior (OA)
- ♥ Their position can be difficult to assess so they may be OA anyway
- ♥ There is no conclusive evidence to say that a baby in a posterior position causes back pain in labour or a longer labour

So don't worry, just do what you can



Helpful labour positions

- ♥ Use gravity in upright positions to help the baby descend into the pelvis
- ♥ Use forward leaning and upright positions to help to open your pelvic bones
- ♥ Avoid pressure on your sacrum so it can move out of the way as the baby comes through



Artist: Bigita Faber Images available on gynzone

How about writing birth preferences?

If you feel it is a good idea for you, go for it!

Perhaps consider:

- ♥ Making it no more than one A4 page
- ♥ Making it flexible because the baby has a mind of its own
- ♥ Allow for back up plans and your preferences should they occur – if you plan for all scenarios you can feel more calm if they do arise



Attendees during Labour & Birth	Labour & Birth	Monitoring of our Baby
Husband/Partner Doula	I would like to be free to walk around during labour. I wish to be able to move around and change position at will throughout labour. I would prefer to keep the number of vaginal exams to a minimum. I would like to be able to eat and drink as I wish. We would like the Mother/Father to discover the sex of baby.	I would prefer Electronic Foetal Monitoring kept to a minimum. I would prefer the use of hand held Doppler.
Pain Management & Environment	Acceleration	Third Stage
If I feel the need for pain management other than what is listed below, I will ask for it. Massage TENS Machine Music and aromatherapy Gas & Air I would like the environment to be kept as quiet as possible. I would like the lights in the room to be kept low during my labour.	I would like the amniotic membranes to release spontaneously. I would like labour to be allowed to take its natural cause.	I would prefer that the umbilical cord stops pulsating before it is cut. I am planning a physiological third stage.
After the birth	Caesarean birth	Other
I would like my baby to be delivered onto my belly and have skin to skin. I intend to breastfeed. I would like the Paediatrician to examine my baby in our presence. We would like to be left alone after birth for bonding. We would prefer our baby to have Vitamin K orally/injected	We would like our baby skin-to-skin immediately. We would like delayed cord clamping as per latest NICE guidelines. We would like the room kept quiet and the lights dimmed. We would like a family centred caesarean.	We would like to be kept fully informed of all developments and share in any discussions and decisions. We do/do not mind students being present.

Be flexible because what feels right
might change and the baby may have
other plans



You ARE allowed to choose and do
what feels right for you



It is important that you choose and do

what feels right for you

This is your journey of becoming a

mother



Each birth journey is different

Only you know your life experiences and personality so you must choose what feels right for you

If you manage your expectations, plan for different scenarios and know your rights then you are going on your journey strong and well prepared



Practical Exercise

- ♥ Take some time to consider what feels right and what feels important for you during your labour so that you can write your birth preferences/care plan
- ♥ Remember to be flexible and positive in your wording
- ♥ Remember to give yourself time and space to reflect, without judgement. Allow time to discuss with your companion or doula and if you wish, with your midwife

