

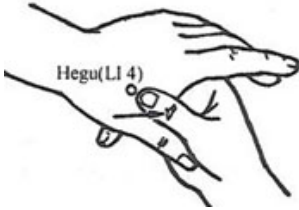
# Labor Preparation Homework

## Acupressure

You can do this for yourself or have someone do this for you. Use your thumb or knuckle to apply firm, even pressure for 1-2 minutes at a point, several times every day. Use the pictures below to locate the point. Whatever is most tender, in the general area shown, this is where YOUR acupressure point is. You can also apply adhesive micro needle stickers or use elastic "Sea Bands" to provide gentle pressure all day.

### **Large Intestine 4**

\*activate energy flow



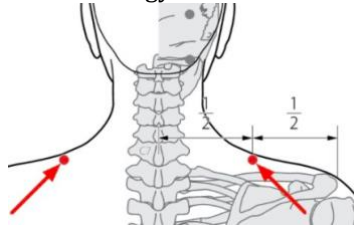
### **Spleen 6**

\*stimulate the cervix



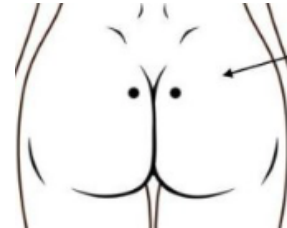
### **Gall Bladder 21**

\*direct energy down



### **Bladder 32**

\*stimulate the uterus



## Ways to Support Optimal Baby Positioning

### **Spend Time on Hands and Knees:**



Every day spend 10-15 minutes on hands and knees, doing cat/cow stretch or with the support of a ball or piece of furniture. End with some time in a squat. Afterwards rest on your side for 10 min.



### **Side Lying Rocking:**

Lie on your side, comfortably propped with pillows, on a massage table or the edge of bed with your back towards the edge. Your partner will put one hand on your hips and one hand on your low back, and then gently and repeatedly push your hips forward creating a rocking motion, like pushing someone on a swing, but on a smaller scale. Do this for as long as desired, then do it again on the other side, possibly doing some cat/cow stretches when switching sides. Afterwards do some hips circles or bounce on a yoga ball.

## Ways to Support Optimal Mindset

### **Movement or Rest?**

Balance your energy... if you have felt fatigued, preferring to take long slow walks, try throwing in a few short brisk walks and squats – spark the “fire” of your yang. If you have felt busy nesting and always have more to get done, try scheduling a few appointments that slow you down and let others care for you (massage, acupuncture, foot reflexology) – allow quiet space to recharge your yin.

### **Distraction and Promotion of Labor Hormones:**

Watch funny and romantic movies, take a walk in a natural area, have your partner massage your head and ears + feet and calves, spend time with an animal, give or receive extra hugs, anything to cultivate feelings of love.

## Other Common Tools

# Labor Preparation Homework

\*breastpump to encourage oxytocin \*sex to apply prostaglandins to the cervix \*getting membranes stripped by your care provider to help dilate the cervix

