



Pregnancy Tips – 3rd Trimester

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- Walk, move, exercise! Labour is a lot of work so be sure your body is ready and strong! This will also help to reduce swelling
- See your chiropractor regularly! This will improve comfort and also balance pelvic joints and ligaments to help baby get in best position for birth and also to improve pelvic joint mobility for birthing.
- Stretch daily and breathe. Stretching is a great time to focus on breathing – slowly and deep. Deep breaths are incredibly important for labour and slow breathing will help you connect with yourself and your power.
- Sit upright with knees below hips and a nice arch in your lumbar spine. Your belly should always be forward and lower than your hips. If you slouch or sit with legs up (as in a recliner), then gravity pulls the heaviest part of baby (back of head) towards your spine. This leads to more sunnyside up babies (Occiput Posterior), which is a far more difficult position to deliver in. The Occiput Anterior position (baby facing your spine) is ideal for vaginal delivery - so allow gravity to work in your favour by sitting forward.
- Sit on exercise/yoga ball for 20 minutes, 3 times daily. While sitting there, bounce gently and do pelvic tilts. It also feels nice to do figure 8's slowly and quickly. This aids in opening the pelvis and mobilizing the joints/ligaments/muscles. This is also a great position to labour in!
- Get on all 4's! Using your belly as a hammock for your baby promotes proper baby positioning and takes the weight of the baby off of your spine. Do the "cat/cow" yoga stretch for 20 breaths 5 times per day. Also, lean back on your heels and do a modified child's pose. If you have small children, then spend time on all fours playing with them. Or scrub your floor!
- Lie on your side at night with a pillow between your knees and in between arms. You can switch sides to decrease pressure on your hips.
- Don't sit straight up from lying on your back. Always roll to your side and use shoulders to help you up. Even if you still feel like you have abdominal strength, sitting straight up can make you vulnerable for a diastasis recti (splitting of your abdominal muscles).
- Do kegels daily. This helps tone your pelvic floor. You will want to continue these after baby is born.
- Figure 4 stretch – do this seated (modified pigeon pose) or on back with a helper. This helps keep the hips more flexible. (3 times daily at a 15 second stretch each side)
- Psoas/Hip flexor stretch. (3 times daily at a 15 second stretch each side)
- Forward leaning inversions for 3 slow breaths daily. Work up to this. See Spinning Babies link for more details about safety and when to do it.



- Become familiar with the Spinning Babies Website! There is an abundance of information about learning to map your baby's position, as well as daily tips and stretches that allow for a more comfortable pregnancy and an easier delivery! These are a few of my favourite pages from the site:
 - <http://spinningbabies.com/start/in-pregnancy/the-3-principles-in-pregnancy/>
 - <http://spinningbabies.com/learn-more/techniques/the-fantastic-four/forward-leaning-inversion/>
 - <http://spinningbabies.com/learn-more/techniques/other-techniques/birth-balls/>
 - <http://spinningbabies.com/learn-more/techniques/rest-smart/>
 - <http://spinningbabies.com/learn-more/techniques/comfort-tips/>
- Drink Red Raspberry Leaf tea to help strengthen and tone the uterus. Traditional Medicinals is a great brand of organic tea to try. Drink 3-4 cups daily.
- Take probiotics in 3rd trimester to improve your gut flora that you will pass on to baby. This lowers baby's risk of developing asthma, allergies and gut issues and is especially important to continue post birth.
- Take 10,000 IU's of Vitamin D, and take omega 3 fatty acids (fish oil) as the good fats are great for baby's brain development. 2,000mg/day is recommended.
- Drink a LOT of water. 2.5 liters (Half of your body weight) is ideal. This will help also reduce swelling.

