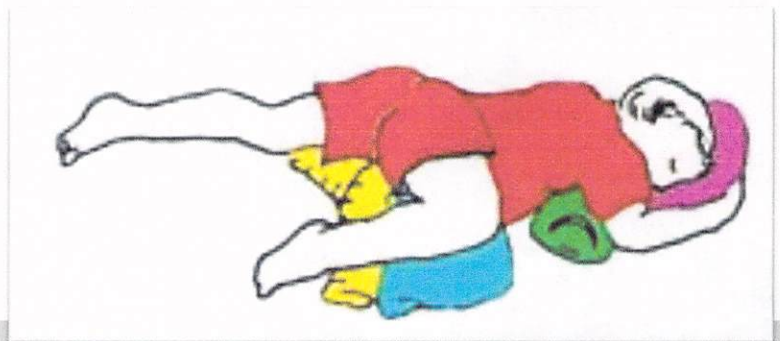
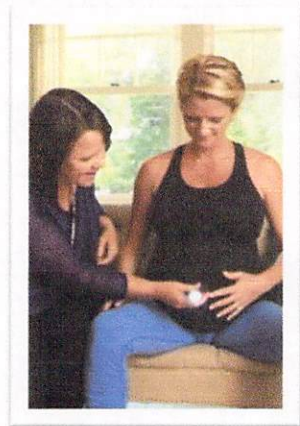


Sit Smart Rest Smart

- ❑ Think of your belly as a hammock and let the baby lie with his or her back settling into the hammock. Don't "tuck your tail." Pass the flashlight test.
- ❑ Knees lower than the level of your hips
- ❑ Belly lower than your hips
- ❑ When using an exercise ball make sure your hips are not lower than your knees!
- ❑ Keep an upright back by sitting on your sitz bones, not on your sacrum.



- ❑ "Rest Smart" in positions that let your baby's back settle in your "hammock."
- ❑ While in bed or on the couch, always use a pillow between your knees and ankles. This prevents the leg hanging and pulling gently on the hips creating torsion (a twist) in the pelvic floor and hip joints.
- ❑ Make a little pillow nest to lay nearly on your tummy. Pillows hold your weight off the baby.
- ❑ Studies show the benefits of sleeping on one's left side, and the disadvantages of sleeping on one's back. The weight of the womb in mid and late pregnancy can reduce blood flow that is now known to effect baby's wellbeing.