

Getting Your Body Ready for Birth

Many patients ask what they can do to help prepare their body for an easier labor and birth. This is an excellent question!

The below resources are strongly recommended by your FMCC midwives for an easier birth and recovery postpartum.

In general, we recommend regular exercise. Our website has resources for Physical and Occupational Therapy (both offered at FMCC!). Chiropractic care and prenatal massage can also be helpful. These excellent resources below can be accessed from the comfort of your own home!

Spinning Babies: Birth Preparation Class

Discover how your body and baby work together during pregnancy and labor, and learn simple ways to help baby be in an ideal position for labor and birth. See the Spinning Babies Shop for more resources.



The Miles Circuit

This circuit is useful to help get your baby lined up, both before labor begins and when we need to help progress a stalled labor!

Prenatally, this position set can help to rotate your baby. As a natural method of induction, this could help get things going if baby just needs a gentle nudge of position to set things off.



Body Ready Method

What you do during pregnancy can have a massive impact on both birth and recovery – by optimizing the core and pelvic floor to be more responsive during pregnancy, postpartum recovery becomes much easier – however the baby arrives.

The online programs teach families how to prepare mentally AND physically for pregnancy, birth, and beyond. The expert-led programs are accessible to every level of fitness and ability.

