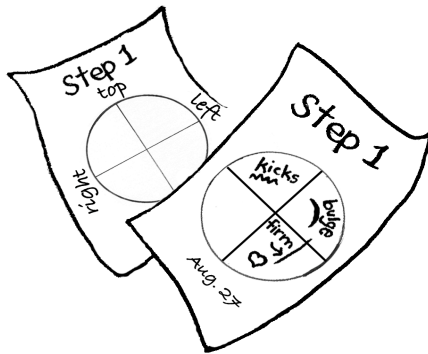


Belly Mapping Parent Handout

date _____

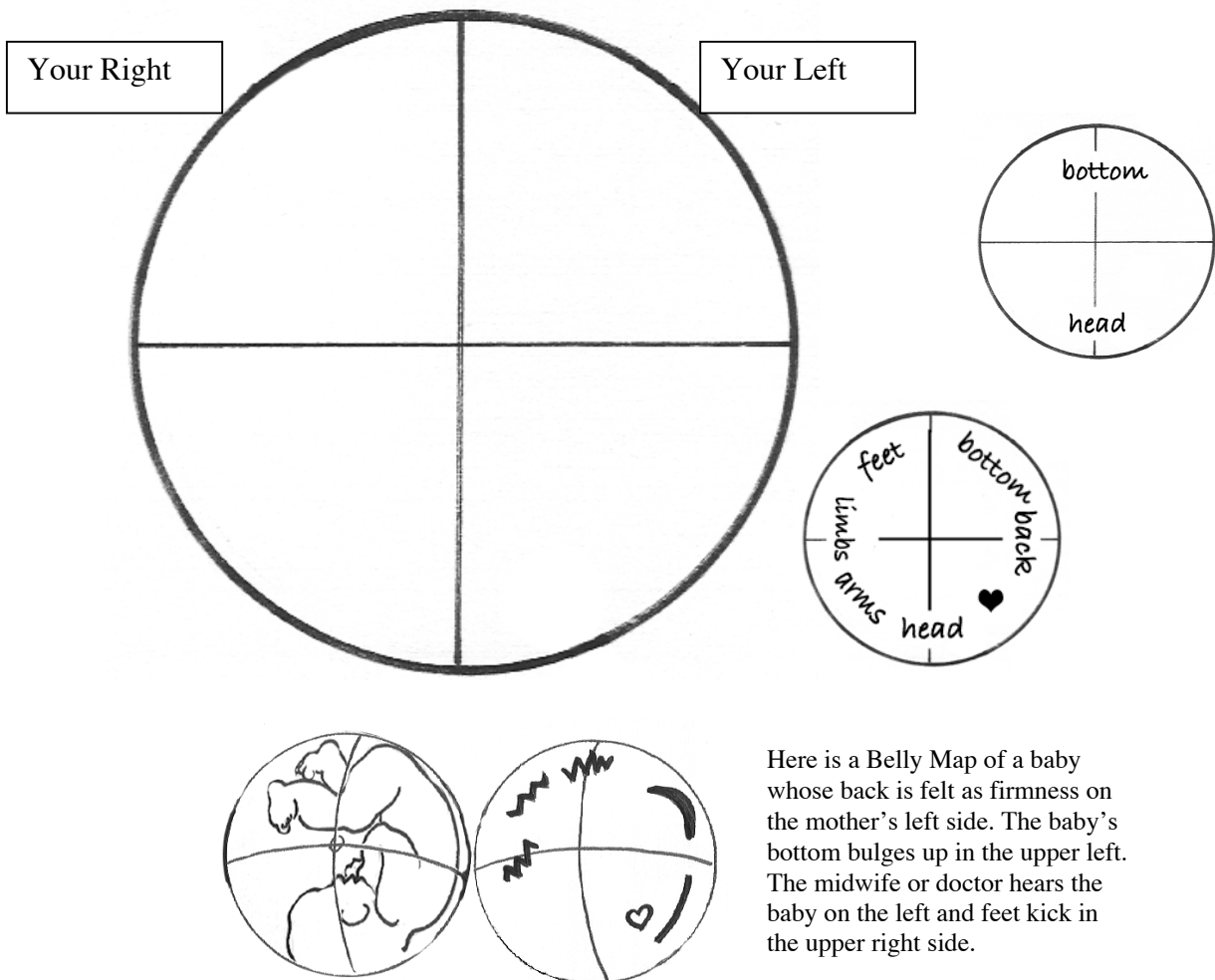
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Belly Mapping helps identify a baby's position in the final months of pregnancy and in labor. This fun activity can be for play in the evenings with your womb-baby, and you may be able to tell which side your baby's back is on, which movements are from the feet and which are from the hands. Knowing your baby's position is helpful, but not diagnostic, meaning knowing baby's position doesn't tell for sure how your labor will go.



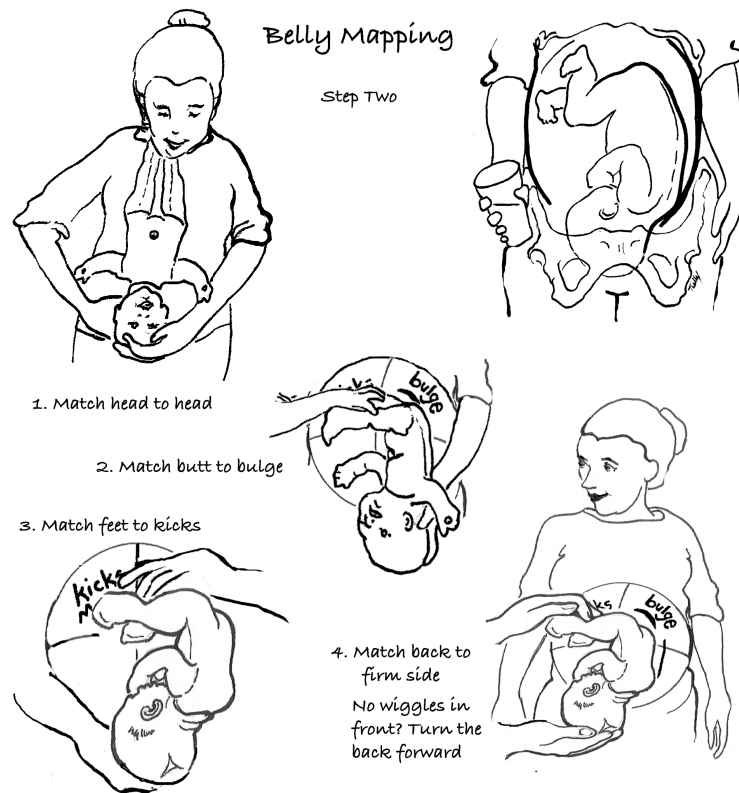
1. Step One: Aware of baby's movement.

Take a couple of evenings to "tune into" your baby's movement. If there has been a recent change in where you feel baby kicking, use the movements from today.



Here is a Belly Map of a baby whose back is felt as firmness on the mother's left side. The baby's bottom bulges up in the upper left. The midwife or doctor hears the baby on the left and feet kick in the upper right side.

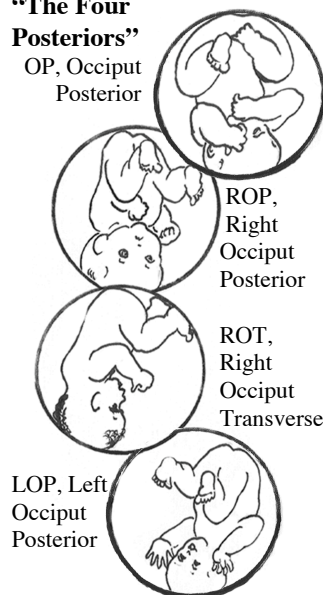
2. **Step Two** matches the baby's movement to a doll so you can "see" baby's position.



3. **Step Three** offers the medical name for the baby's position in the womb.

"The Four Posteriors"

OP, Occiput Posterior



The first letter in a three-letter label stands for which side of the mother the back of baby's head is along, left or right. The second letter in a trio, or first in a two-letter label, is the baby part, in these head down babies O is for occiput. More positions can be found in a textbook.

Labor is an important physiological process increasing our ability to selflessly nurture our young. Belly Mapping can help parents set reasonable expectations about labor and chart a course to make their time in labor more effective and satisfying.

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Belly Mapping, a booklet, is for sale at www.spinningbabies.com

"The Three Anteriors"

LOA, Left Occiput Anterior

