



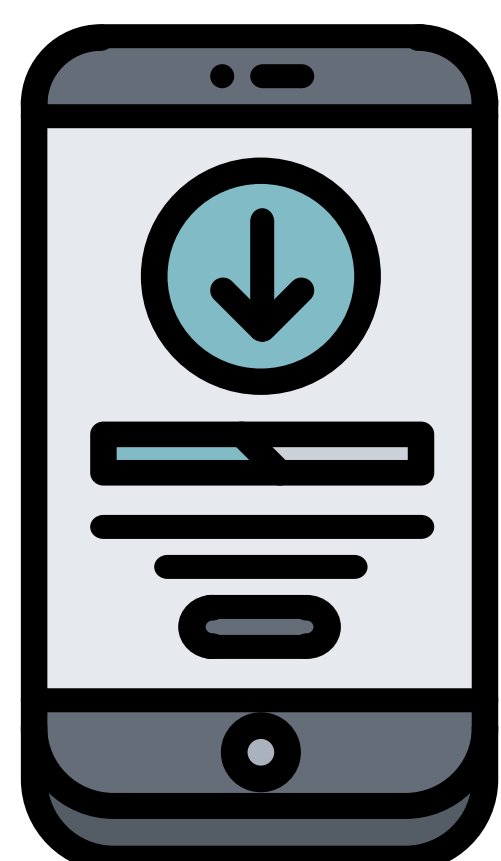
BABYGO® Pregnancy Book

Simple ways to make a positive difference



BABYGO® Pregnancy Book

Simple ways to make a positive difference



Digital Download

<https://www.babygo.uk/ball>





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**WE'RE HAVING
A BABY!**

Introduction

Box Contents.

- 1x Ball
- 1x Book
- 1x Foot Pump
- 1x Measure
- 2x Plug
- 1x Removal Tool

Setting Up My Ball.

1. Let the ball sit at room temperature for two hours (20 degrees or more) before inflating.
2. Remove the ball from all packaging. Avoid using sharp objects to open any packaging.
3. Use the supplied pump and tape measure. Correct ball size is determined by diameter rather than pressure.
4. Put the pump nozzle through the desired tape measure hole for an accurate measure.
5. Attach vinyl hose to the **blue nozzle** to inflate your ball.
6. Insert the pump nozzle into the ball.
7. Begin inflation by pressing your foot on the pump pedal.
8. Run the tape measure around the middle of the ball and inflate until the tape fits snug around the ball.

9. Persist with pumping to achieve the maximum size of the ball, the material will keep growing and stretching.
10. Inflate the ball to 80% of diameter initially. Insert the ball plug and allow the ball to sit for 24 hours.
11. Remove the ball plug with the removal tool. Top up the ball with the final amount of air. Insert plug.
12. It is normal for the ball to have crease and fold marks when it is first inflated. These will fade in use.

Deflating My Ball.

1. Attach the vinyl hose to the **red nozzle** to deflate your ball.
2. Sit on top of the ball, with the ball plug in-between your legs.
3. Remove the ball plug using the plug removal tool.
4. Lightly bounce on the ball to help force the air out of the ball.
5. Fold the ball several times before putting it into storage.
6. For the longevity of the birthing ball store at room temperature.

Safety.

Please make the following checks before beginning to exercise.

- **Surface:** For extra stability use your ball on carpet rather than a smooth floor.
- **Footwear:** Exercise barefoot or wear non-slip footwear or socks.
- **Hygiene:** Please ensure hands are properly dry before use.
- **Liquid:** Wipe any spilt liquid with a cloth before using the ball.



First and Second Trimester Plan

Photo by Ignacio Campo

Fit Mum, Healthy Baby.

Setting the right exercise habits early can make pregnancy an easier and happier experience for you and your baby.

Just 20 minutes per day is all it takes.

Whether you are lacking energy in your first trimester, or you are coping with a changing body in the second, mum it is time to get moving.

The BABYGO® 20 Coin.

We recognise that making exercise a daily habit can be a challenge.

If this is you, then the BABYGO® 20 coin is designed to help.

These coins are there to be collected each day of your pregnancy and are a simple reminder of the rewards.

The coins value is just 20 minutes of your time.

Each side of the coin represents the rewards from your twenty minutes. The rewards are both mental and physical.



Bank Your Rewards.

There is one 20 coin up for grabs each day of your pregnancy. And a maximum of seven coins per week.

That is 140 minutes of healthy benefits.

You can collect more than one, 20 coin per day, for example, if you do forty minutes of exercise.

But no more than seven coins per week. You will not benefit from exhausting yourself.

If you do not collect all seven coins up for grabs in a week, do not worry. You can only do as much as you can.

A little is better than nothing at all.

Keeping a Count of Your Rewards.



You and your baby will benefit from the minutes in your bank and that is something to be proud of.

Count how many coins are left up for grabs.

This is how many minutes you have left to be active, and to make your pregnancy even more rewarding for you and your baby.

The Here and Now.

Exercise is a great way to boost your mood, especially on those days you are feeling a little low.

Use your BABYGO birthing ball® to release endorphins and trigger a real positive feeling.

Endorphins lower stress and anxiety, this will help you to relax, focus and feel happy in the months to come.

Low-level tiredness is common in early pregnancy. It is also a common misconception that rest will improve the situation.

So, while you should never push yourself to exhaustion, push yourself to 20 minutes to overcome your fatigue.

An active mum is a hungry mum. A replenished mum is a happier, more energetic mum and is likely to be getting a steadier supply of healthy nutrients to their baby.

And of course, exercise can help balance those early pregnancy hormones too. This can help to improve the quality of your sleep and may even limit morning sickness.

Preparation.

A stronger body unlocks the potential for a more comfortable pregnancy and an easier birth for you and your baby.

As early as your first trimester the relaxin hormone is released to make your joints and ligaments extra stretchy to help accommodate your growing baby.

This weakens your muscles, especially those around the core.

Stay in control of the changes to your body and use our targeted exercises to improve your posture and to strengthen your core.

Better posture will allow you to manage the weight of your baby more comfortably in the third trimester and limit aches and pains in the lower back and pelvis.

Building your strength will give you the endurance to push your baby for an easier and faster birth.

A healthier posture and stronger core will help to reduce the risk of pregnancy and delivery complications.

And of course, the more you increase your fitness, the faster you will recover after birth. This is because the stronger your muscles, the faster they repair.

Intensity Levels.

Before getting started, it is important to understand intensity levels.

After all, you want to exercise to the right intensity to enjoy the best benefits from your 20 minutes.

Intensity is measured in MET's and is scored on three levels.

Low, moderate and high.

If you and your baby are to get the most out of your activities, 20 minutes of moderate exercise should be your goal.

Moderate exercise is a sure way of covering both sides of the coin in just 20 minutes.

It will help you to control your blood pressure and weight, increase your energy, improve your mood and promote a stronger core without exhausting yourself.

Listen to your body, keep well hydrated and remember to pause for a break if necessary. You can split your 20 minutes up into two sets of ten, or four sets of 5 and still get the same benefits.

Track the intensity of your activities on our intensity scale to help get your 20 minutes that make the difference.

Intensity Scale.

Physical Activity	MET
Low Intensity	< 3
Sleeping	0.9
Watching television	1
Writing, desk work, typing	1.8
Walking, 1.7 mph (2.7 km/h), level ground, strolling, very slow	2.3
Walking, 2.5 mph (4 km/h)	2.9
Moderate Intensity	3 – 6
Yoga	3
Walking 3.0 mph (4.8 km/h)	3.3
BABYGO® Birthing ball, light or moderate effort	3.5
Walking 3.4 mph (5.5 km/h)	3.6
Cycling <10 mph (16 km/h)	4
High Intensity	> 6
Jogging	7
Calisthenics (e.g. pushups, situps, planks, jumping jacks)	8
Running	8

- * Keeping your intensity high is fine in early pregnancy if you feel comfortable. Reduce this down in your third trimester.**
- * Low intensity walking is beneficial when done for longer than 20 minutes.**
- * Daily exercise at a low intensity is recommended in addition to your 20 minutes of moderate exercise per day.**

Seated Ball Position.

Improve your posture and balance. Comfort for your perineum and thighs and support for your knees and ankles.

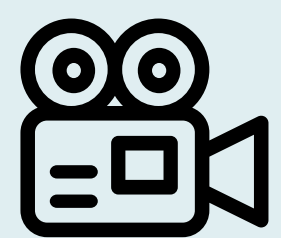
1. Place one hand on the ball and lower yourself to sit on it.
2. Sit upright and try not to slump or slouch.
3. Open your knees nice and wide, open your hips , point your feet forwards.
4. Place hands on your thighs, hips or belly.
5. Keep your feet planted in position and your knees directly over your ankles.
6. Knees should be slightly lower than the hips.





Warm Up Exercises

Your muscles become very tight during pregnancy. Improve flexibility, increase circulation and blood flow to your muscles with the following warm-up (Can also be used as a light workout).



Exercise videos are available online at [babygo.uk/ball](https://www.babygo.uk/ball)

Hamstring Stretch.

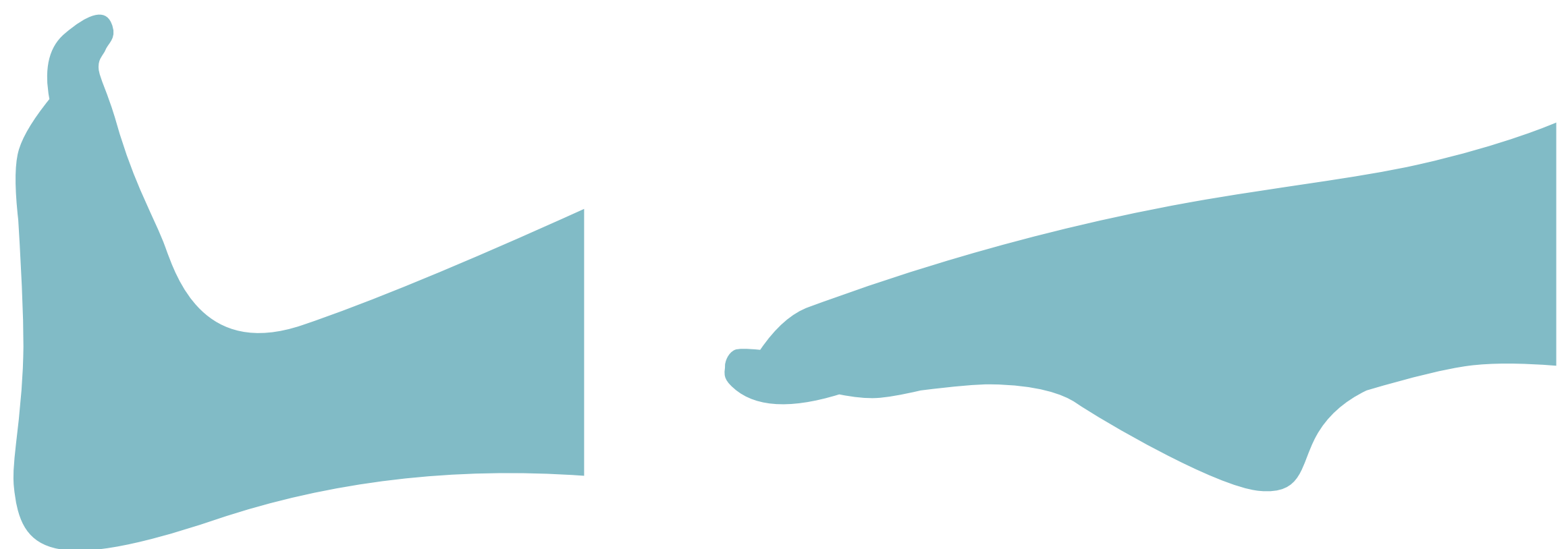
1. Resume seated ball position.
2. Slowly raise your right leg up until extended and elevated at 90 degrees.
3. Keep your left leg bent and foot planted on the floor.
4. Lean slightly forward until you feel a stretch in the back of your right leg.
5. Begin to feel the stretch in your hamstring the longer you hold the position.
6. Ease back down into your starting position. Switch sides.



Point and Flex.

Target: Ankles, toes, hamstrings, calf

1. Sit on on your BABYGO® pregnancy ball.
2. Keep one foot flat to the floor.
3. Elevate the other leg out until it's parallel with the floor.
4. Keep your back straight and your arms at your sides.
5. Roll your shoulders back.
6. Point your toes forward and away from you as far as you can.
7. Hold for five seconds.
8. Point your toes up to the sky and hold for five more seconds.
9. Repeat and then switch feet.



ABC.

Target: Ankles and toes

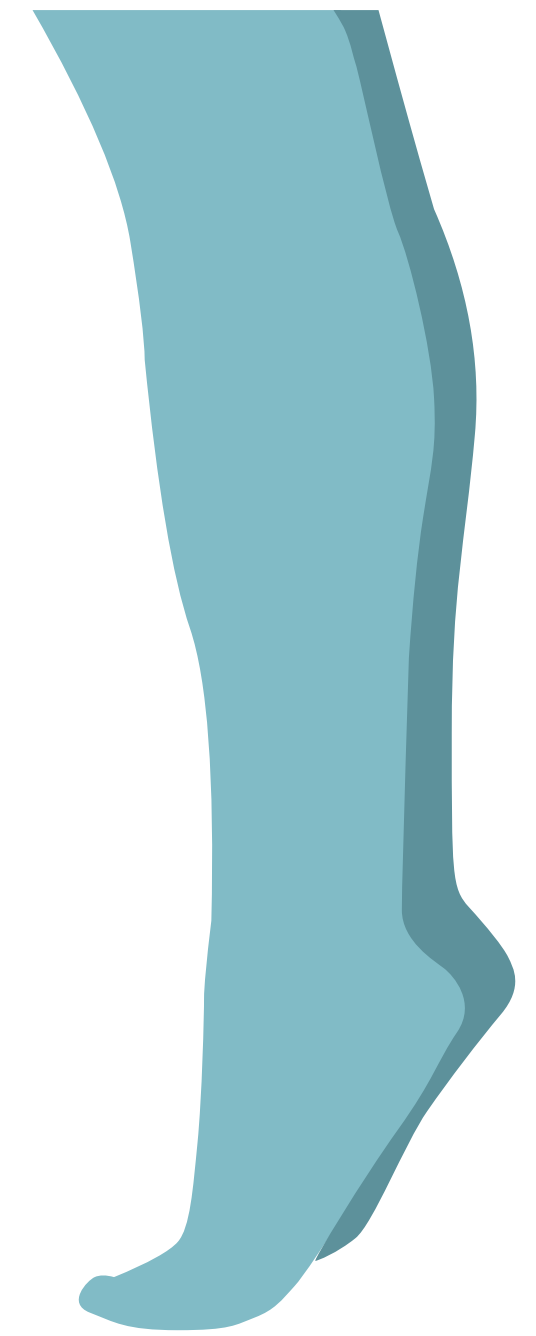
1. Sit on your BABYGO® pregnancy ball.
2. Keep one foot flat to the floor.
3. Extend your other leg out until it's parallel with the floor.
4. Keep your back straight and your arms at your sides.
5. Roll your shoulders back.
6. From this position, draw the alphabet with your toes.
7. Start with the letter A and move all the way through the alphabet.
8. Repeat with your other foot.



Foot Rock.

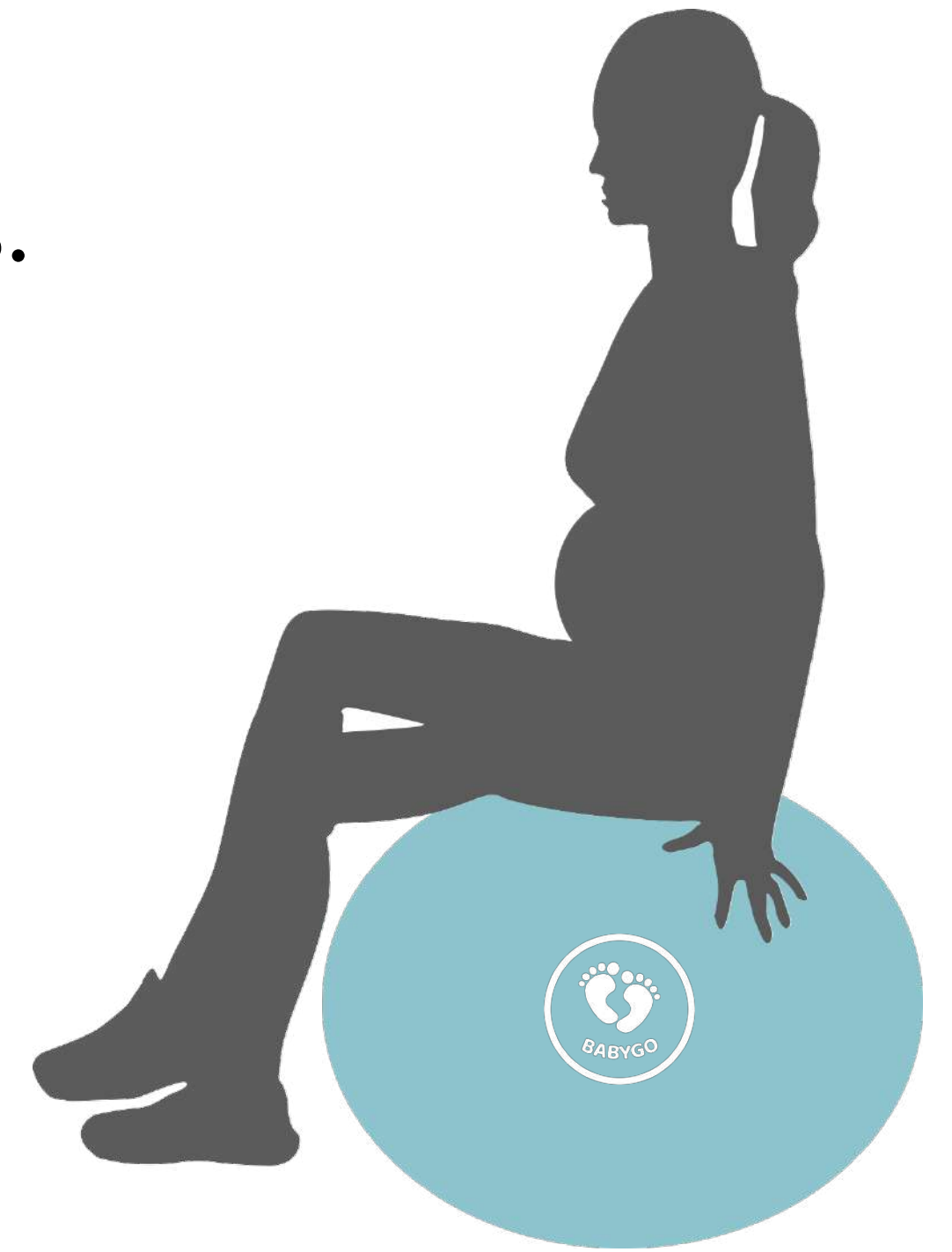
Target: Calf and ankles

1. Sit on your BABYGO® pregnancy ball.
2. Keep one foot flat to the floor.
3. Elevate the other leg out until it's parallel with the floor.
4. Keep your back straight and your arms at your sides.
5. Roll your shoulders back.
6. Point your toes forward and away from you as far as you can.
7. Hold for five seconds.
8. Point your toes up to the sky and hold for five more seconds.
9. Repeat and then switch feet.



Leg Raise.

1. Resume seated ball position.
2. Place your hands on the ball and inline with your hips.
3. Shift your weight onto your right foot.
4. Slowly raise your left foot 6 inches off the floor.
5. Begin to feel your quad and glute muscles the longer you hold in position.
6. Calmly back down into your starting position. Switch sides.



Calf Raise.

1. Resume seated ball position.
2. Raise both heels off the floor, keeping your toes pointed on the floor.
3. Slowly feel the stretch in your calf muscles the longer you hold in position.
4. Ease back down into your starting position. Repeat.



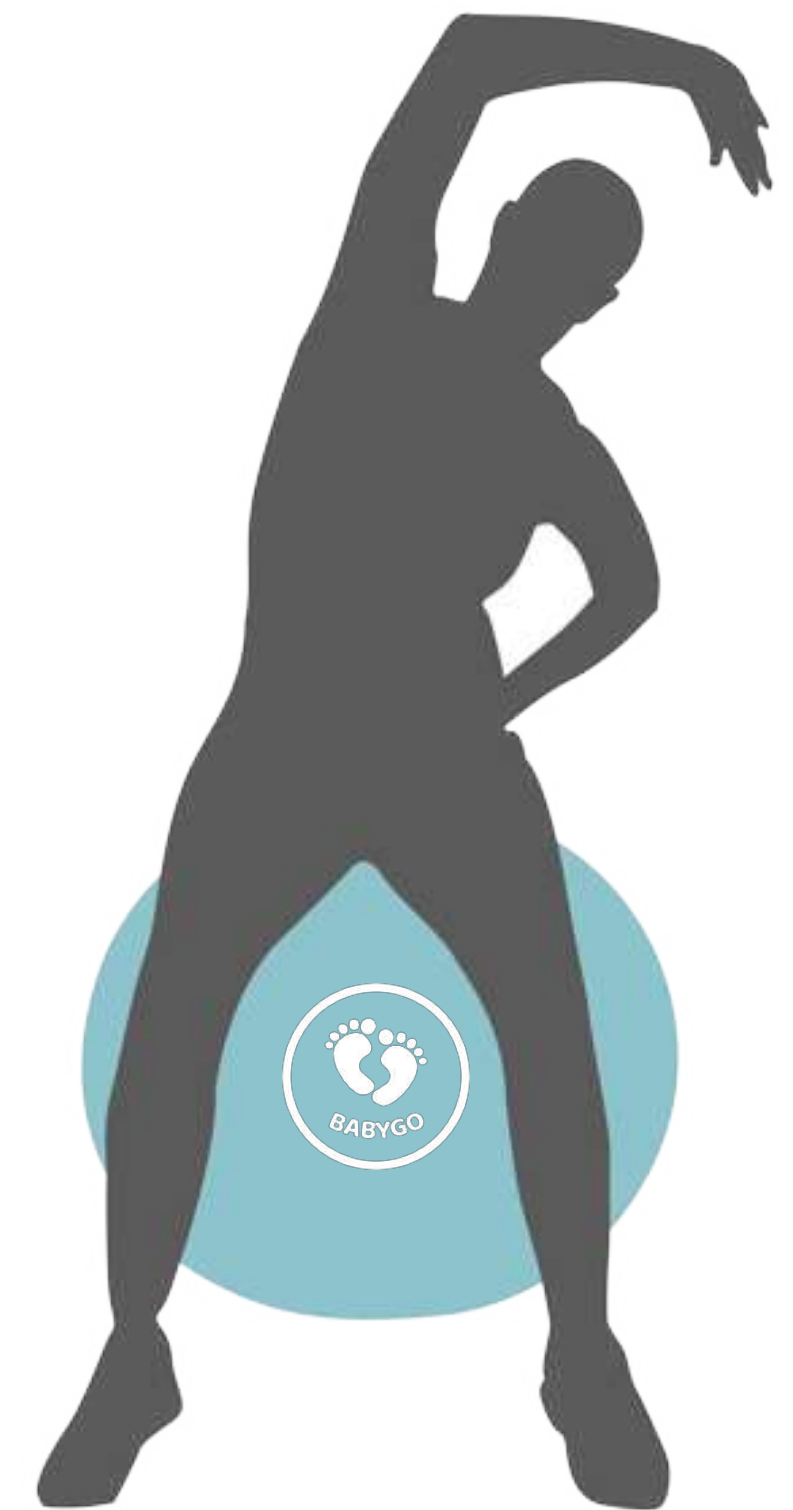
Pelvic Lateral Shift.

1. Resume seated ball position.
2. Place your hands on your hips.
3. Slide your hips to the right. The ball should slightly move to the right with you.
4. Reverse and slide to the left. Repeat.



Side Stretch.

1. Resume seated ball position.
2. Place one hand on your thigh or hip.
3. Slowly bring your other arm up and reach this arm over your head.
4. Lean slightly to the side as you come through the motion.
5. Keep your arm slightly bent at the elbow.
6. Begin to feel the stretch down your side muscle.
7. Calmly come back down into position. Switch Sides.



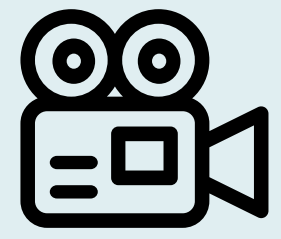
Hip Flexor Stretch.

Reduce tension in your back, maintain and improve your muscle tone.

1. Sit tall on your ball.
2. Slide your right leg behind the ball until straight.
3. Make sure your back and shoulders are pulled back to line up with your spine.
4. Maintaining your balance lean back slightly until a stretch is felt at the top of your thigh.
5. Slightly push forward on your left knee to increase the intensity of the stretch.
6. Hold the position.
7. Ease back into your starting position. Switch sides.



First and Second Trimester Exercises



Exercise videos are available online at [babygo.uk/ball](https://www.babygo.uk/ball)

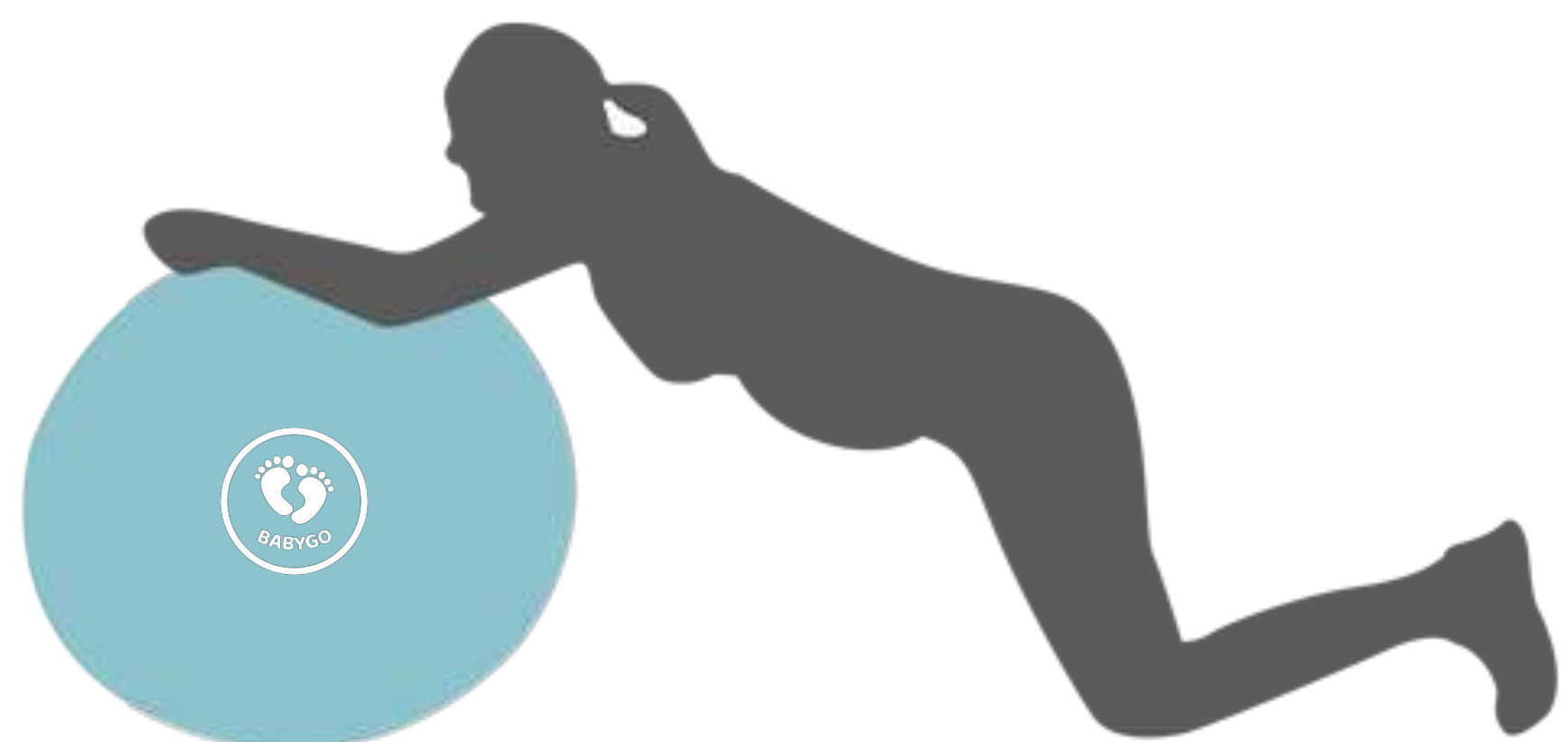
Core Ball Rollout.

Reduce tension in your lower back. Improve stability and strengthen your pelvis and hips.

1. Kneel in front of your ball with your knees hip-width apart.
2. Rest your forearms on the ball and hands in loose fists.
3. Keeping your back flat, brace your core and slowly roll the ball away from you.
4. Straighten out your arms and extend as far as you can without allowing your hips to drop.
5. Hold for 3 seconds, and then bend your elbows to roll the ball back to starting position.
6. Repeat and work within the limitations of your body.



Step 1



Step 2

Inclined Front Ball Plank.

Improve your posture and balance. Help stabilize your pelvis to accommodate your growing baby.

1. Kneel in front of your ball with your knees hip-width apart.
2. Place your forearms on top of the ball.
3. Lift up your hips to form a straight diagonal line from your shoulders to your ankles.
4. Your weight should be placed on your forearms. Elbows should be under shoulders.
5. Brace your core and squeeze your glutes tight.
6. Hold Position for 5 to 10 Seconds with perfect form and breathe normally.
7. Feel the release in your quads, glutes and abdominals.
8. Repeat and work within the limitations of your body.



Step 1

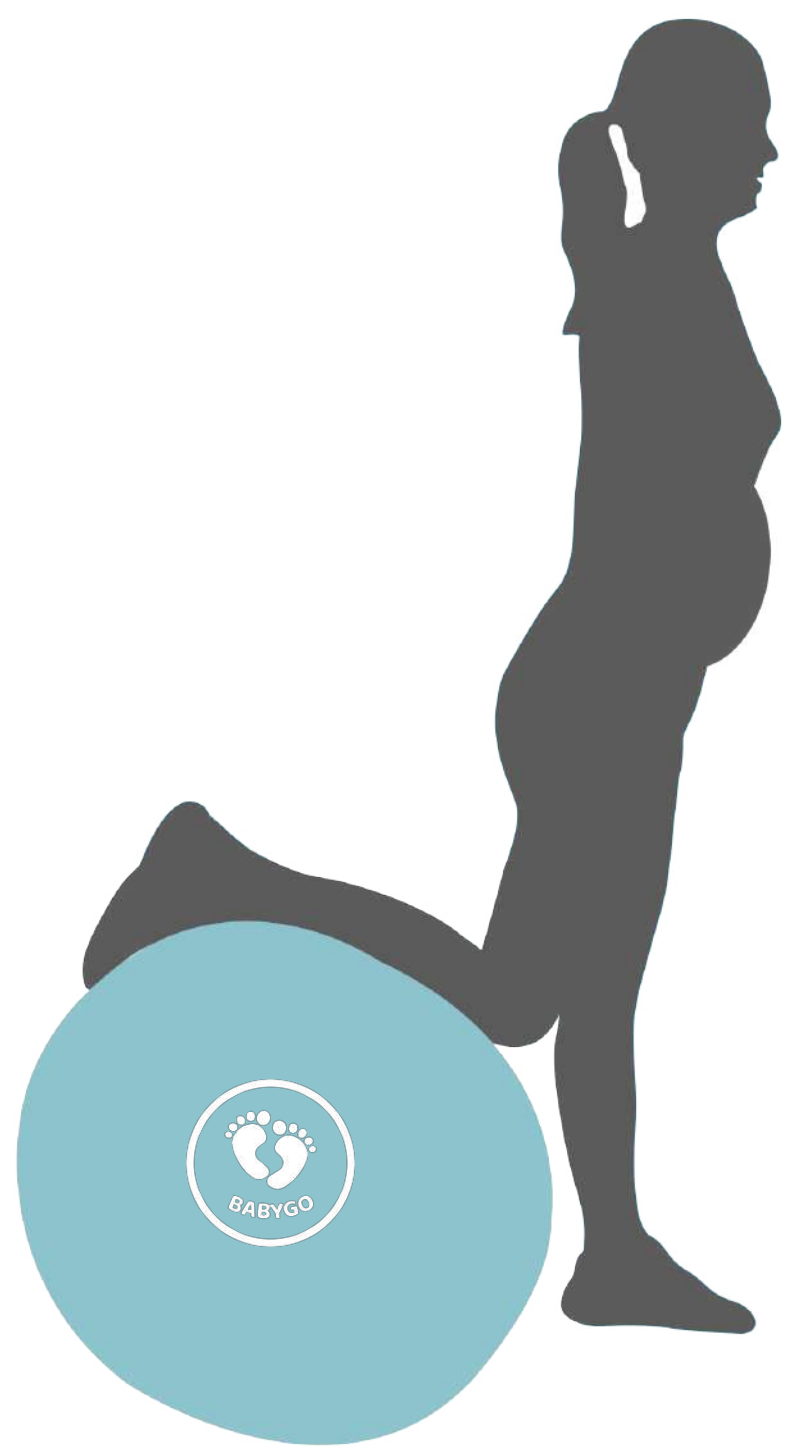


Step 2

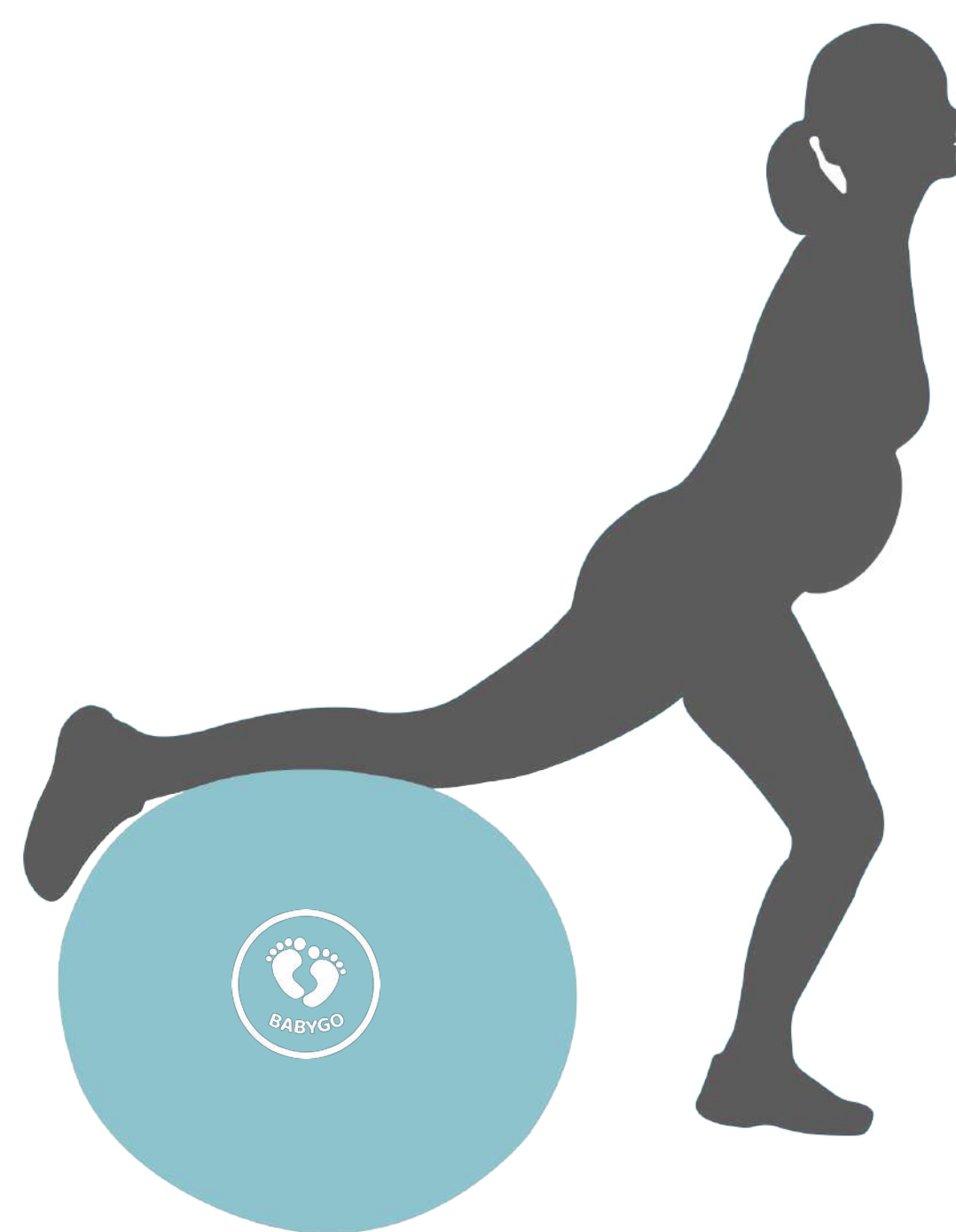
One Leg Ball Lunge.

Strengthen your glutes, hamstrings and quads to help carry your extra baby weight.

1. Rest your right foot on top of the ball. Keep your left standing knee soft and do not lock.
2. Place your hands on your hips or down by your side. Inhale to prepare.
3. Push the ball back with your right foot until your shin and knee are resting on the ball.
4. Bend your left knee forward making sure it doesn't move beyond your toes.
5. Engage your left glute and lunge.
6. Exhale and draw your abs in towards your spine.
7. Hold for 5 seconds. Feel the release in your abdominals, quads and glutes.
8. Straighten your front leg and inhale. Switch legs.
9. Repeat and work within the limitations of your body.



Step 1

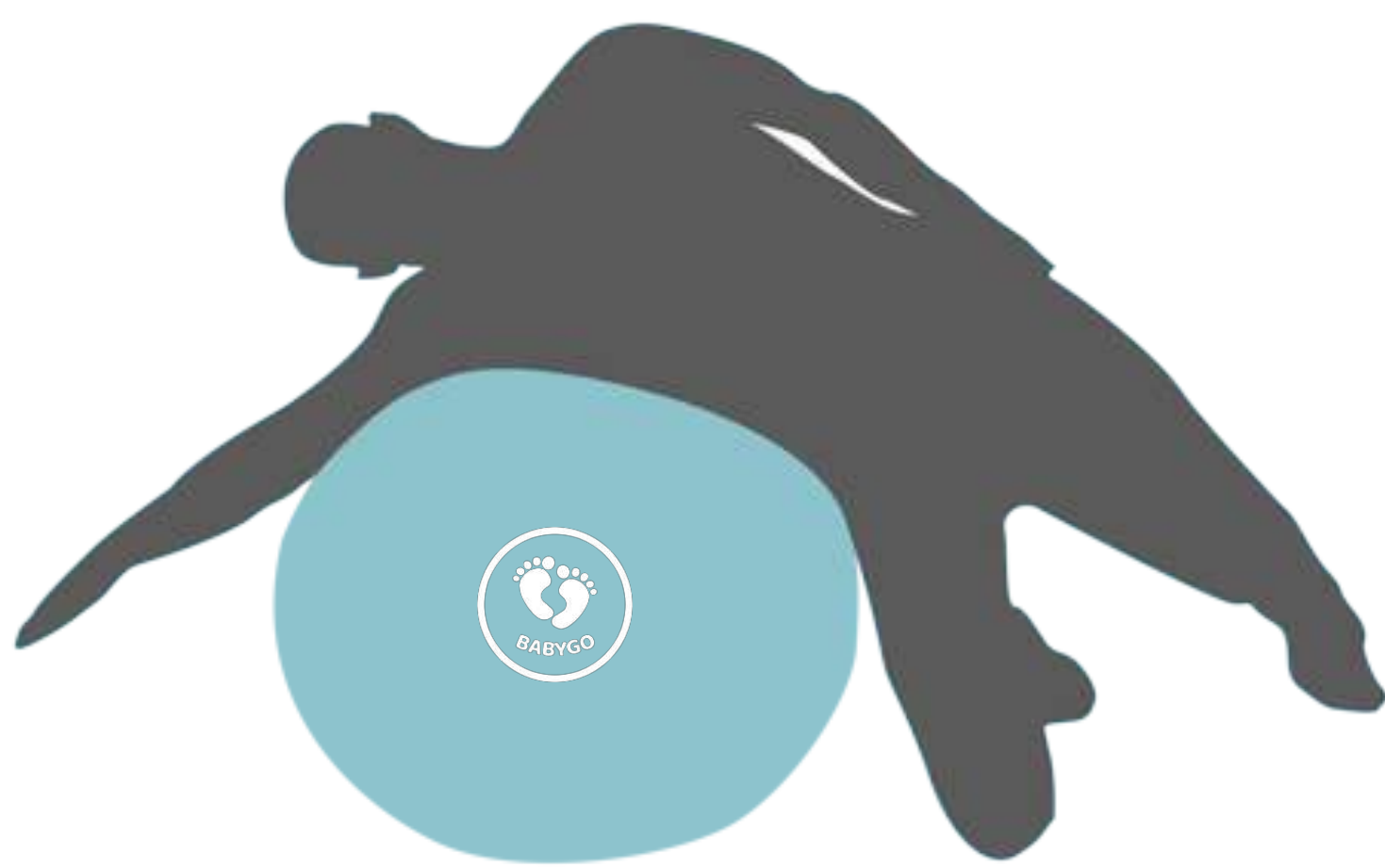


Step 2

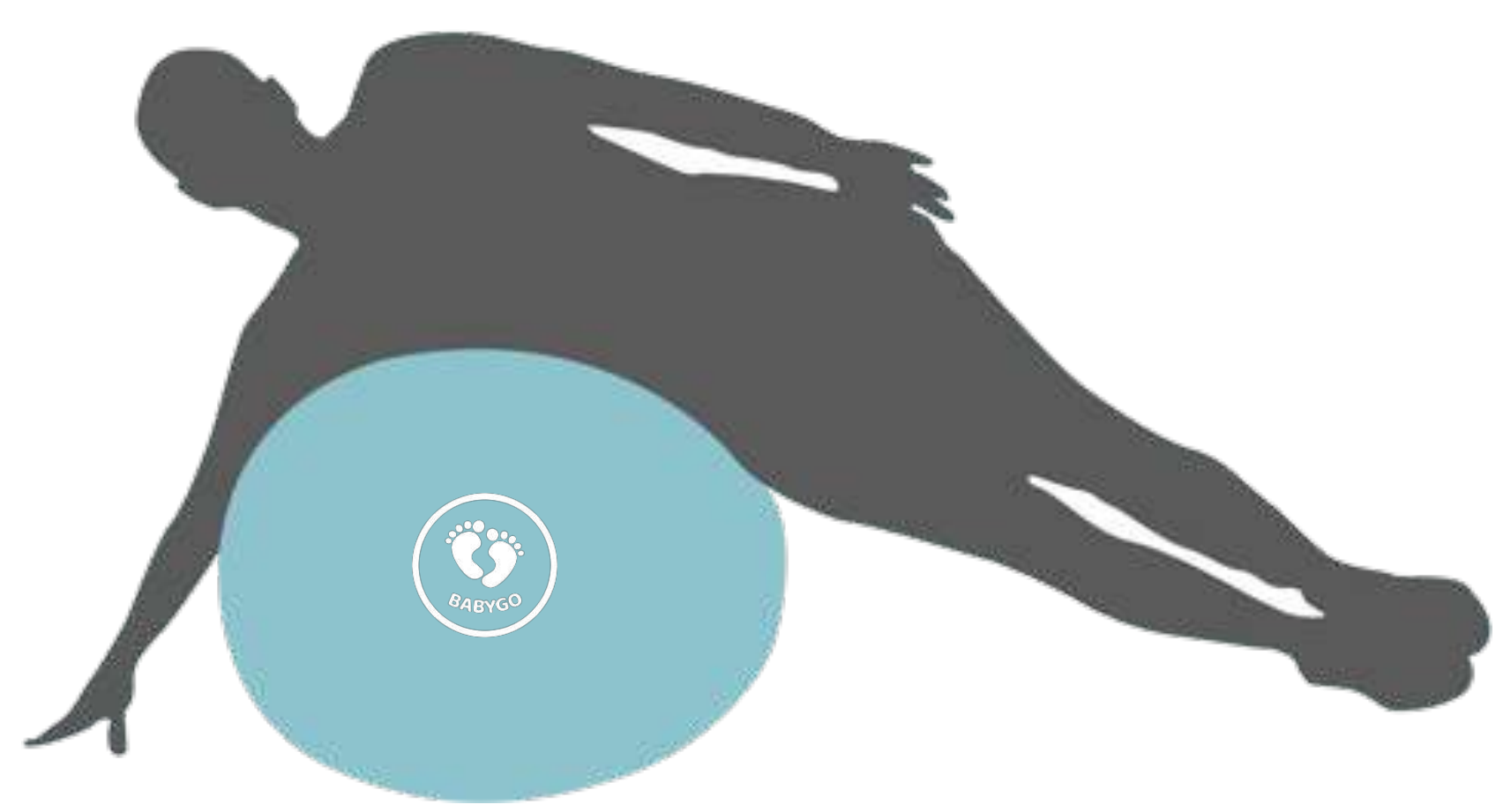
Side Ball Plank (Beginner).

Strengthen your lower back, pelvis and hips.

1. Kneel down beside your ball without having it touch your thigh.
2. Lower your upper body and hang over the ball.
3. You should be able to lower your hand to touch the floor.
4. Lift up your hips to form a straight diagonal line from your shoulders to your ankles.
5. Brace your core (tummy) and squeeze your glutes tight. Hand still touching the floor.
6. Hold Position for 5 to 10 Seconds with perfect form & breathe normally.
Come down to rest.
7. Switch sides. Feel the release in your abdominals, obliques, quads and glutes.
8. Repeat and work within the limitations of your body.



Step 1



Step 2

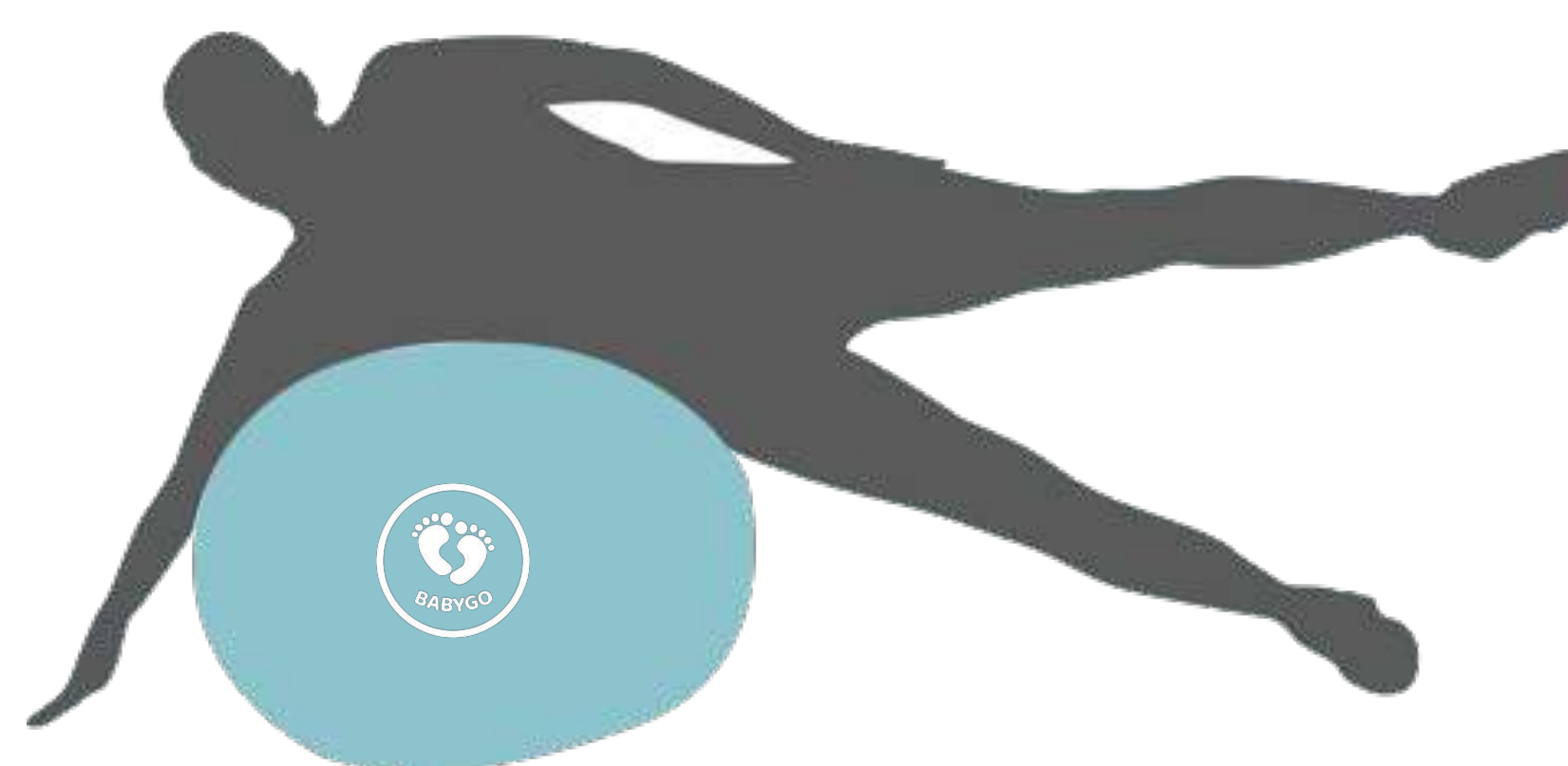
Side Ball Plank (Advanced).

Strengthen your core, hamstrings and quads to help with pushing in labour.

1. During the side plank exercise detailed in Side Ball Plank (Beginner), lift up your upper leg up and hold in that position.
2. Hold Position for 5 to 10 Seconds with perfect form and breathe normally.
3. Come down to rest, repeat two to three times.
4. Switch sides. Feel the release in your inner leg.
5. Repeat and work within the limitations of your body.



Step 1

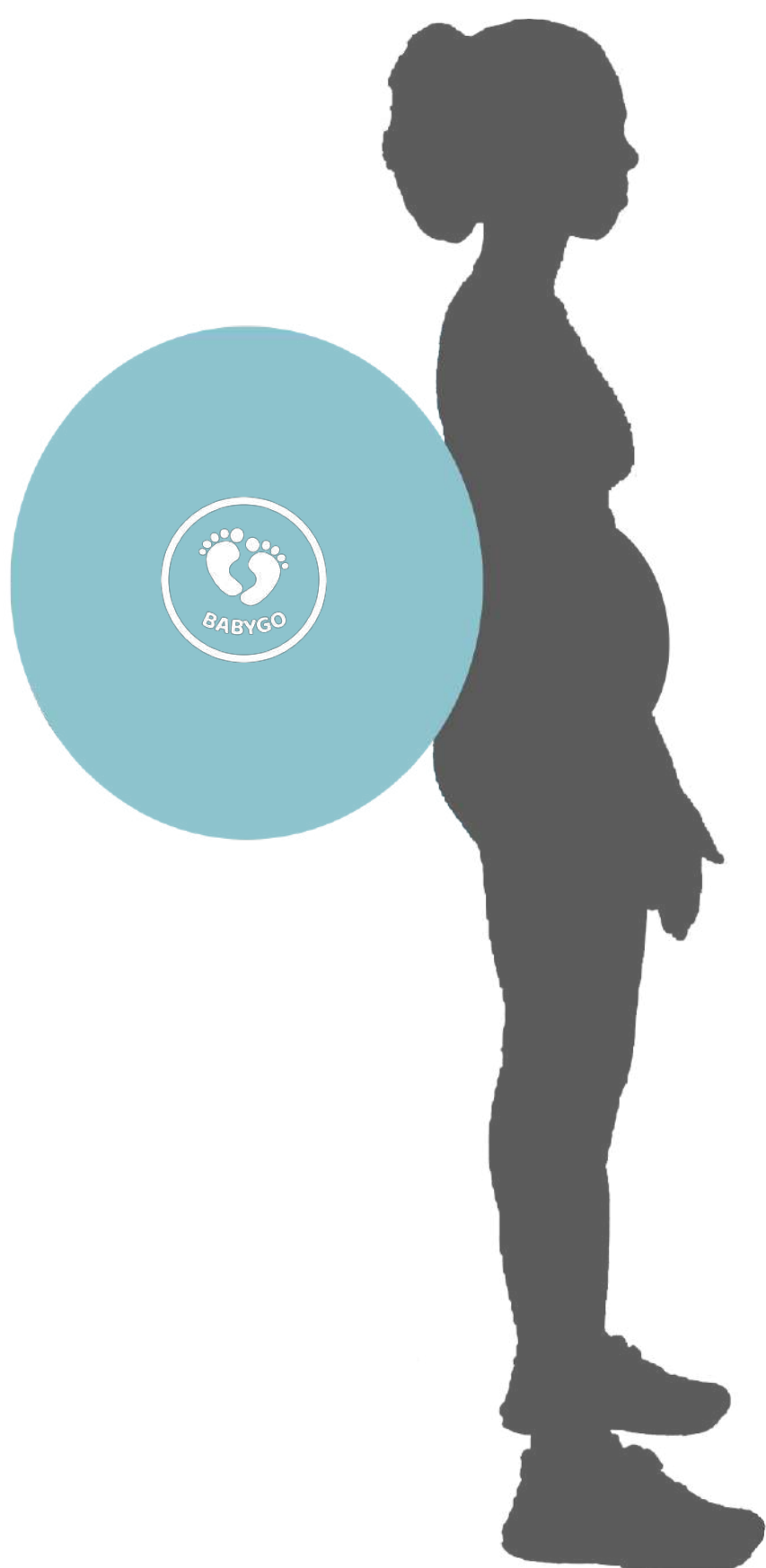


Step 2

Wall Ball Squat.

Increase pelvic floor muscle strength. Stabilize and support the joints of your pelvis. Strengthen your glutes, hamstrings and quads.

1. Stand and position the ball between the wall and the curve of your lower back.
2. Place your feet slightly wider than hip-width apart, pointing toes slightly outward.
3. Whilst leaning on the ball, lower your body slowly into a squat.
4. Bend your knees, keeping your shoulders level and hips square.
5. Your pelvis should not go below knee level, stop when quads are parallel to the floor.
6. Hold for 3 seconds and then slowly return to start position.
7. Feel the release in your quads, glutes and abdominals.
8. Repeat and work within the limitations of your body.



Step 1

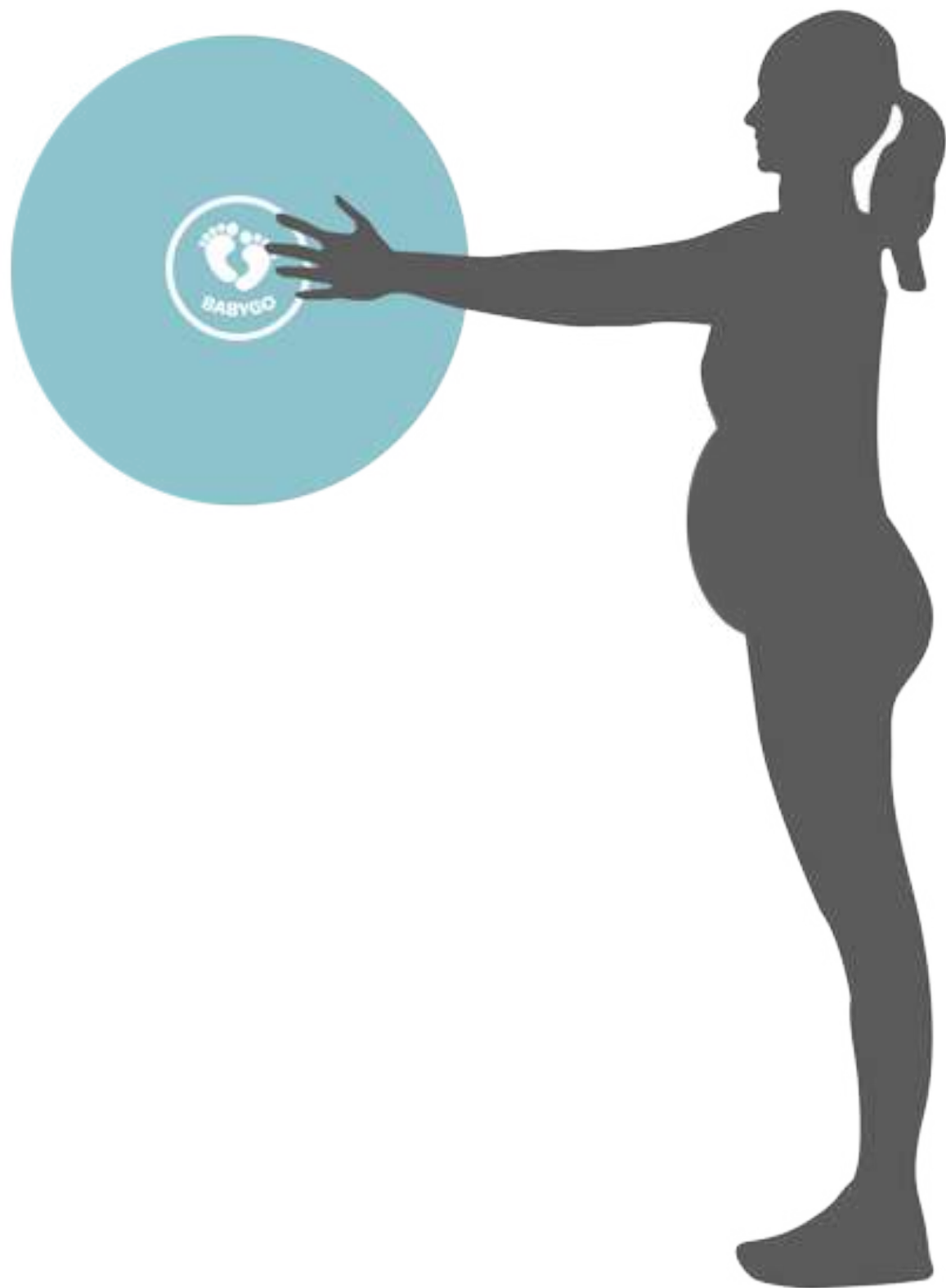


Step 2

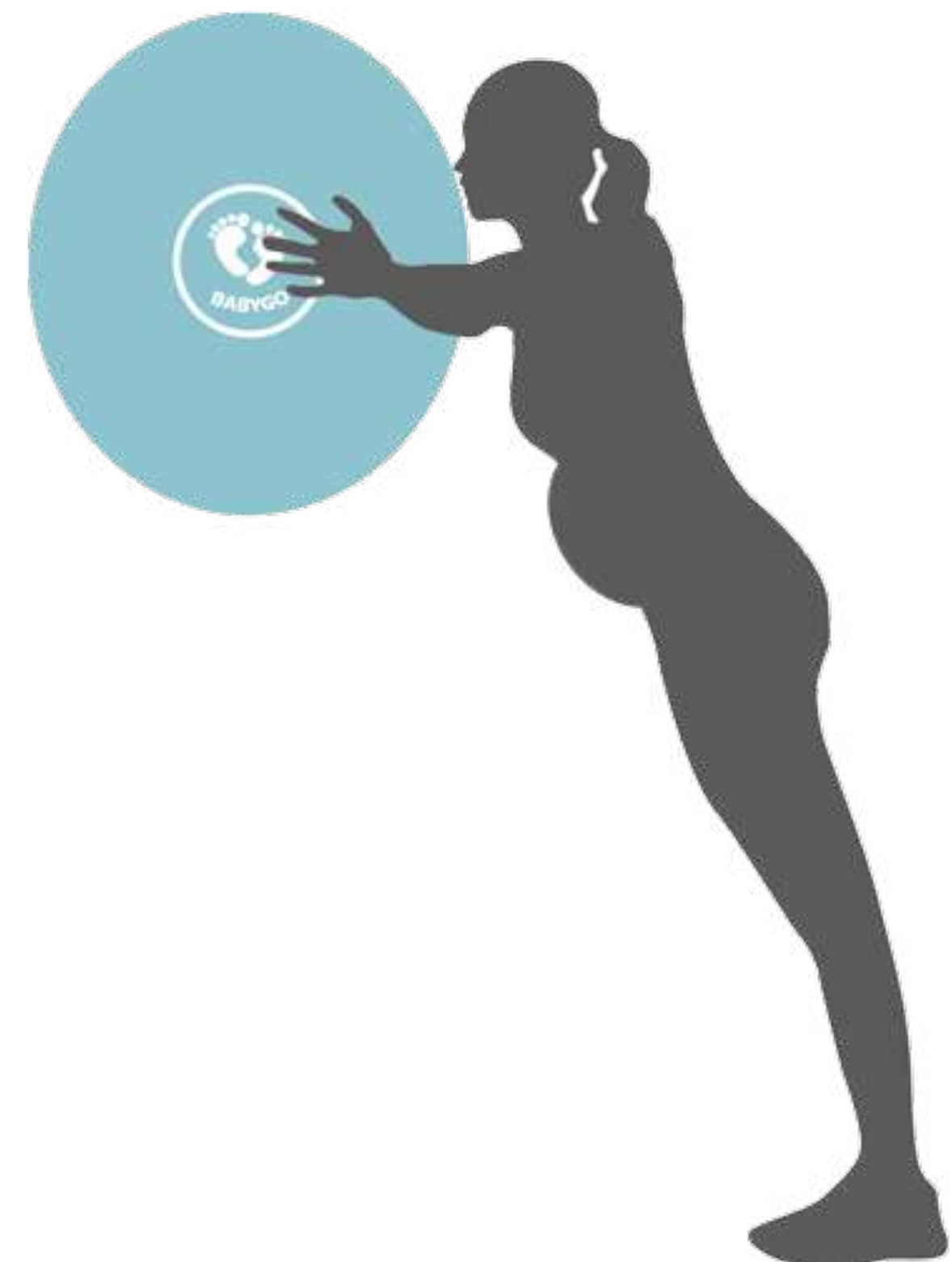
Wall Ball Push Up.

Strengthen your shoulders and triceps and get ready to hold your baby.

1. Stand in front of a wall and hold your ball at arms length, keeping it at chest level.
2. Open your arms just wider than your shoulders and press the ball against the wall.
3. Keep your body straight and your feet planted firmly on the ground.
4. Inhale and lean into the ball, slowly bend your elbows and press your chest into the ball.
5. Exhale and slowly press away from the ball.
6. Straighten your elbows and body back into starting position.
7. Avoid hunching your shoulders as you work through the motion and keep your head straight.
8. Repeat 10 times.



Step 1



Step 2

Kegels (Pelvic Floor Quick Flicks).

Strengthen your pelvic floor muscles for better control of these muscles during labour.

1. Resume seated ball position.
2. Put one hand on your chest and one on your tummy. Your tummy hand should move with your breath.
3. Clench your glutes as if you're trying to prevent a bowel movement.
4. At the same time, tighten your vaginal muscles as if to stop the flow of urine.
5. Take a deep breath and then squeeze and lift as you exhale.
6. Do this exercise quickly, tightening and releasing the muscles immediately.
7. Do 10 Kegel quick flicks and one Kegel hold for a count of 10 seconds three times a day, every day.

Kegels (Pelvic Floor Long Hold).

Strengthen your pelvic floor muscles, minimize bladder leaks & hemorrhoids.

1. Resume seated ball position.
2. Repeat steps 2-4. (see above)
3. Hold for as long as you can before you relax. Try to count to 10.
4. Continue to breath during the exercise. Check your tummy is still rising and falling as you do the exercise.
5. Do one Kegel hold for a count of 10 seconds and then 10 Kegel quick flicks three times a day, every day.

Small Bridge.

Stabilize and relieve tension in your pelvic area and lower back. Strengthen your glutes to help with pushing in labour.

1. Resume seated ball position.
2. Gently start moving down the ball so that it pushes out in the opposite direction of your lower body.
3. Lie back, leaving only your shoulders, neck, and head on the ball.
4. Your legs should be bent at a 90 degree angle, feet flat on the floor about hip-width apart.
5. Maintain this position for around 30 seconds. Inhaling and exhaling deeply.
6. Breathe in deeply and let your chest expand.
7. Then, as you exhale, draw your belly button in so that you feel like you are wearing a tight corset.
8. Feel the release on your core and lower back. Lower yourself completely to the ground and sit upright.



Step 1



Step 2



Third Trimester Plan

Photo by Anderson Martins

Adjust Your Focus.

If you have not been very active in your pregnancy so far, do not worry, it is never too late to start moving.

20 minutes is just 2% of the time you will spend awake today.

For those that have been active, your focus will have been on the two sides of the 20 coin. You will now be feeling the benefits.

Do not stop, keep it up.

But now you have hit 28 weeks, it is a time to adjust your focus.

Your third trimester brings on extra responsibilities.

One Large Window.

Typically we view our third trimester as one large window.



This makes it more difficult to focus on the small changes that make the final stages of pregnancy a happier and a healthier experience.

It is time to switch up tradition.

Four Small Windows.

Rearrange the traditional third trimester window into four.

Each window has an action and can help you to prepare and relax a little easier.



Week 28 – 32 (Month 7)

Week 33 – 36 (Month 8)

Week 37 – 41 (Month 9)

It can be the best start for your baby's health in the future and your health post pregnancy too.

Breaking a Sweat.

Let us start with the 20 coin. There are plenty of benefits for breaking a sweat after 28 weeks. Your baby weighs around just 2 pounds at the start of your third trimester.

Incredibly, this will increase three times over the next twelve weeks. And for some as great as five times the weight.

That is because during the final twelve weeks your baby will develop most of their fat tissue.

Stay in control of the changes and reach out and grab as many of those 20 coins as you can.

Those mums who exercise in the third trimester are more likely stay within a healthy weight range.

Exercise increases blood flow. It helps you to maintain stronger muscles and a healthy heart. It will minimise swelling too.

As the weight of your baby increases, switch out some of the core strengthening exercises and use your BABYGO® birthing ball to relieve tension in your back and pelvis.

Focus on your breathing.

This will help you to relax rather than tense up when you feel discomfort. A helpful skill for when you give birth.

An active body encourages active bowels. This will help with constipation and help keep those dreaded haemorrhoids away.

And a mum with a stronger cardiovascular system is likely to give birth to a fitter baby “healthy heart”, born at a healthy weight.

Body Movin’.

In addition to your twenty minutes of intense exercise.

It’s time to rock that pelvis and get those hips groovin’.

At week 28, begin targeted movements on your BABYGO® birthing ball and help to turn your baby into a head-down position ready for birth.

Optimal Foetal Position.

During engagement, your baby knows what to do and when to do it.

They do however need a little help with the preparation.

A head-down anterior position, whereby your baby’s back is facing the front of your tummy, helps your baby to move more easily through the pelvis.

The result. An easier and faster birth experience with less pain. Yay!

A head-down posterior position, whereby your baby’s back is facing your back, or a breech position, whereby your baby is legs or bottom down, is likely to be more painful and increases your odds of a caesarean section.

If you have been doing regular targeted movements, then by the end of week 32 your baby is likely to be head down, in an anterior position, ready for birth.

If they are not, and are in a posterior position, do not worry, there is still time.

Ask your midwife to help you work out the position of your baby.

Try spending more time on your BABYGO® birthing ball.

Sitting more regularly on your ball will help to distribute your weight more evenly and prevent you from slouching. This gives your baby more room to turn.

While adopting more forward leaning positions and allowing your belly to hang can have the same effect and give your baby more encouragement.

Lightning.

Your baby still has some more growing to do at week 33.

But now your baby has settled into a heads-down position they are ready to drop.

How far your baby's head has moved down into the pelvis is measured in stations.

Each station is defined by a positive or a negative number and is an indication of your baby's position.

Trimester	Station	MET
Third	- 5	Floating in the womb
Third	- 3	Settled into a head down position
Third	0	The head has reached the bottom of the pevis and is now fully engaged
Labour	+ 3	The head is beginning to emerge from the birth canal
Labour	+ 5	The head is crowning, meaning it is visible

Typically, your doctor or midwife will use a scale of eleven positions.

The difference between numbers is equivalent to centimetres.

-3 signals the start of lightening and then follows a drop of 3cm.

As your baby gains weight and drops lower into your pelvis the added pressure can lead to a soreness around the perineum.

Sitting on your BABYGO® birthing ball is a real comforting way to counter the pressure, whilst leaning on your ball can relieve downward pressure completely.

Help your baby to drop, use your BABYGO® birthing ball for gentle bouncing and rocking of your hips, this can help open your pelvis and move your baby down with the help of gravity.

Once your baby is at **0**, they are fully engaged into the pelvis and have fully dropped.

If your baby has not dropped yet do not worry. For some your baby will not drop until labour begins.

This is completely normal too. It just means you might be in for a longer labour.

7 Signs Your Baby Has Dropped.

- Your belly hangs lower
- You can eat more in one sitting
- You can breathe a little easier
- You experience less heartburn
- More trips to the toilet
- Braxton Hicks contractions
- Increased pelvic pressure

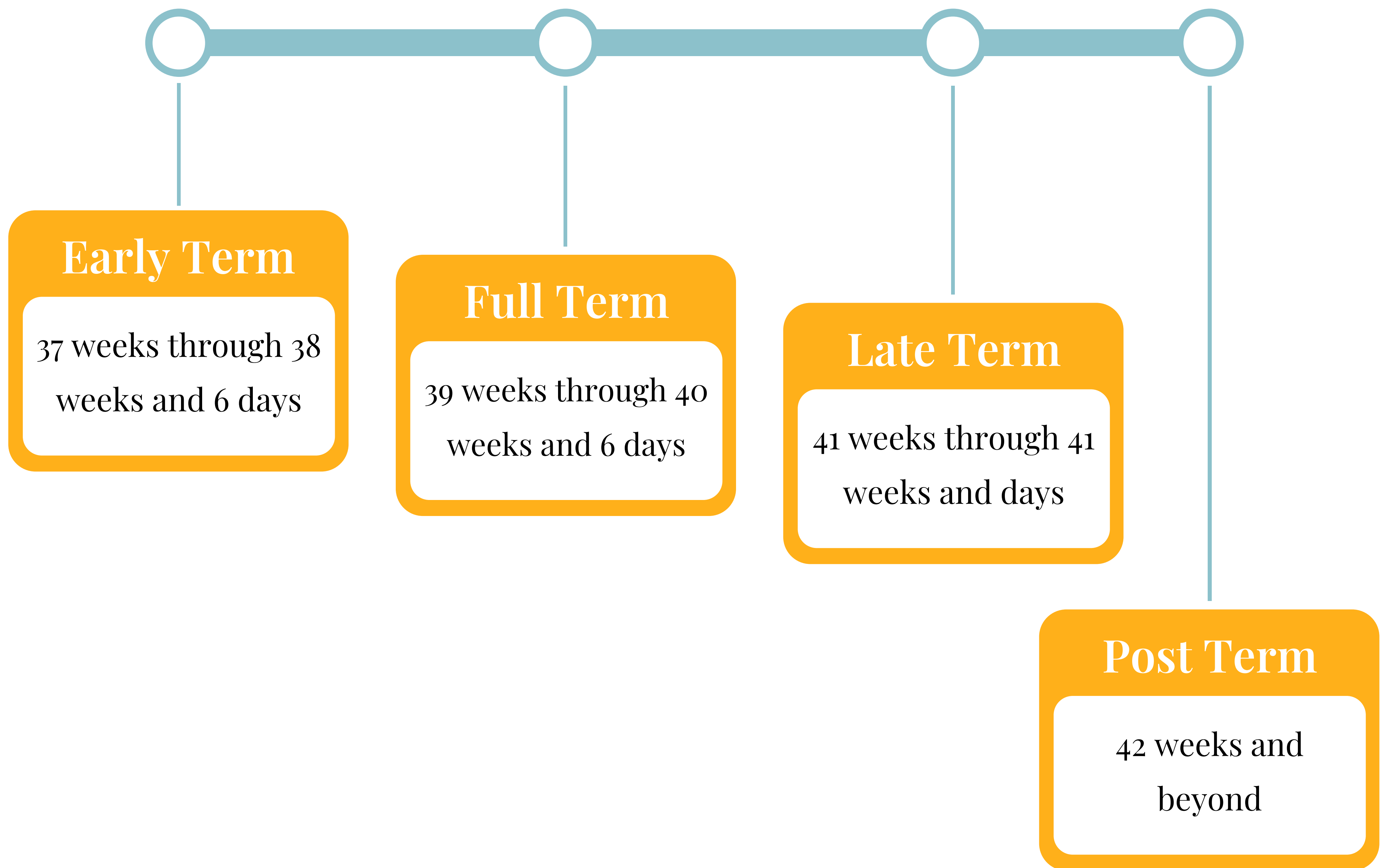
Term Time.

Congratulations, once you have hit 37 weeks, you have hit term time. The arrival of your baby is just around the corner.

Only around 5% of babies are born on their due date. Remember your due date is only a guide.

The best date is when your baby is ready.

This means, if your pregnancy has been a healthy one to date, waiting until at least 39 weeks, and waiting for labour to begin on its own has extra benefits.



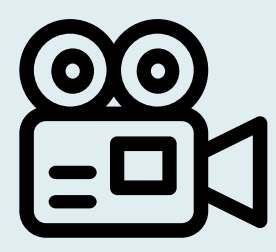
This is because your baby's brain, lungs and liver go through a crucial period of growth between 37 weeks and 39 weeks.

Giving birth at 39 weeks though to 40 weeks and 6 days is the sweet spot, now classed as full term.

This gives your baby the best possible chance for a healthy start in life.

A pregnant woman with long brown hair is sitting on a large blue exercise ball. She is wearing a white sleeveless top and grey leggings. She is smiling and looking down at her belly, which she is holding with both hands. The background is a bright room with a large window. The floor is wooden, and there is a blue mat under the ball.

Third Trimester Exercises



Exercise videos are available online at **babygo.uk/ball**

Figure 8.

Relieve lower back and pelvic pain. Open up your pelvis and hips ready for labour. Help dilate the cervix.

1. Resume seated ball position.
2. Move your hips like you're drawing an eight in a clockwise direction and feel the release in tension.
3. Switch direction.
4. Let the ball pivot on the spot, leaning forwards and back as you move through the motion.
5. Repeat motion as many times necessary, or until you begin to feel any signs of tiredness.

Hips Side to Side.

Relieve tension in your sides and hips.

1. Resume seated ball position.
2. Move your hips from side to side.
3. Transition your weight through your glutes as you move through the motion left to right.
4. Feel the release in tension. Switch Direction.
5. Repeat motion as many times necessary, or until you begin to feel any signs of tiredness.

Childs Pose with Ball.

Stretch your hips, thighs, and ankles. Relieve tension in your lower back. Ease sciatica pain.

1. Kneel in front of your ball with your knees hip-width apart.
2. Place both hands on the ball and roll it away from you.
3. Lower your head between your arms and lean forward.
4. Push your glutes out.
5. Relax, inhale deeply and as you exhale, let yourself sink downwards.
6. Hold for as long as comfortable.
7. Feel the release on your back, shoulders, neck and chest.



Cat/Cow Pelvic Tilts.

Strengthen your pelvis and relieve tension in your lower back and belly.

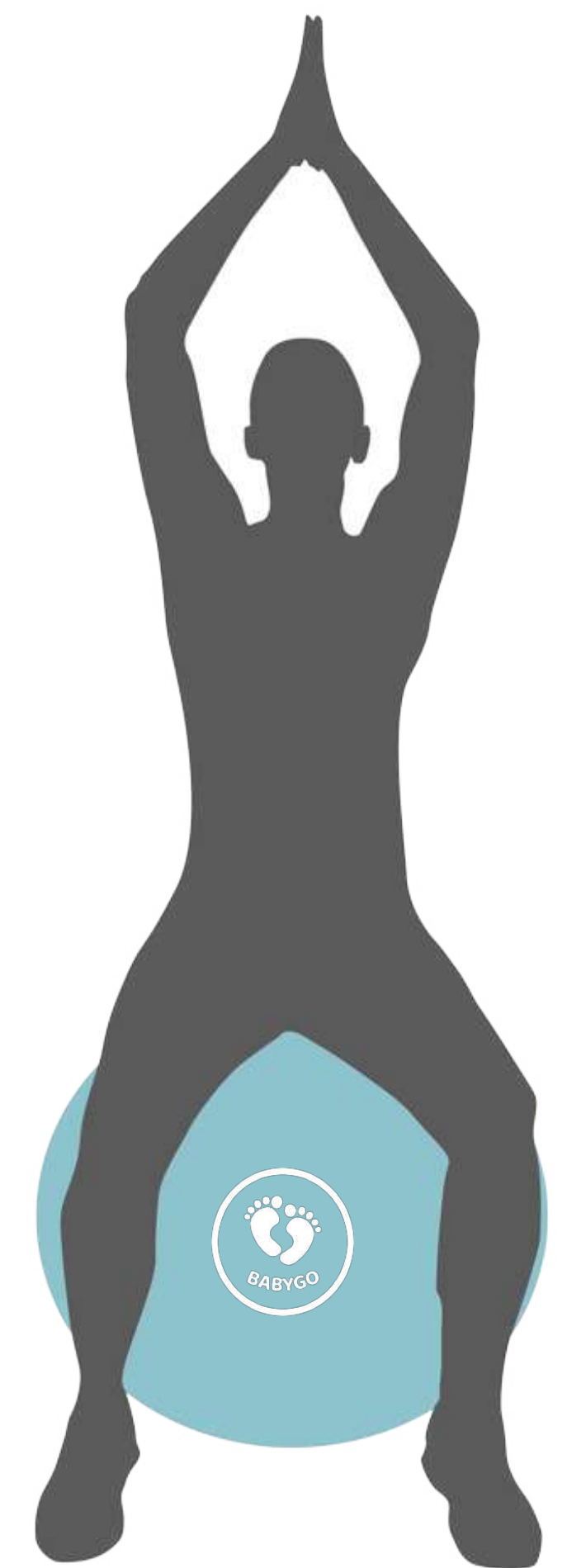
1. Resume seated ball position.
2. Place fingers on the front of the ball.
3. Let the ball roll you forward and roll you back.
4. Push your abdomen in and out, working in the opposite direction to the ball.
5. Exhale as you draw your abs in, inhale as you draw out.
6. Repeat motion as many times necessary, or until you begin to feel tired.



Cat/Cow Pelvic Tilts (Advanced).

Helps indigestion.

1. Resume seated ball position.
2. Reach up as you roll forward and push your chest out.
3. Tilt your head up as you move through the motion.
4. Extended your arms but do not lock the elbow at the peak of the motion.
5. Slowly reach back down.
6. Bring your arms right through towards your centre, as you roll back into position.
7. Tilt your head down as you move back through the motion.
8. Repeat motion as many times necessary, or until you begin to feel tired.



Kneeling Hip Circles.

Strengthen your pelvic muscles and stretch ligaments in the front of your belly. Help dilate your cervix.

1. Kneel in front of your ball with your knees hip-width apart. Place your forearms on the ball.
2. Link your fingers and slowly drop down onto the ball, resting the tops of your arms and chest on the ball.
3. Turn your head left or right and rest the side of your face on the ball. Keep your knees planted in position.
4. Circle your hips in a clockwise direction. Switch Direction.
5. Repeat motion as many times necessary, or until you begin to feel any signs of tiredness.

Kneeling Figure 8.

Relieve tension in your upper and lower back. Ease sciatica. Helps dilate the cervix.

1. Kneel in front of your ball with your knees hip-width apart. Place your forearms on the ball.
2. Link your fingers and slowly drop down onto the ball, resting the tops of your arms and chest on the ball.
3. Turn your head left or right and rest the side of your face on the ball. Keep your knees planted in position.
4. Move your hips like your drawing an eight in a clockwise direction. Switch Direction.
5. Repeat motion as many times necessary, or until you begin to feel any signs of tiredness.

Rocking Ball Hug.

Release tension in your lower back, hips and belly. Help soothe discomfort between contractions.

1. Kneel in front of your ball with your knees hip-width apart.
2. Reach right over the ball, resting your upper and lower arm on the ball.
3. Rest your chest on the front of the ball, hands on the back of the ball.
4. Keep your head straight and facing forward.
5. Gently rock forwards and back, or left and right.
6. Shift your weight through your glutes as you move through the motion.
7. Feel the release in tension.
8. Repeat motion as many times necessary, or until you begin to feel tired.

Nutrition



Photo by Jamie Street

Land of Confusion.

What to eat. What to drink. Nutrition can be confusing.

It can be doubly confusing when you are pregnant. It is obvious. A good nutritious diet will keep you healthy and help your baby to grow and develop.

But how can such a certain statement create such uncertainty?

Unpredictability.

We are often fed the idealistic scenario. (Excuse the pun, terrible we know!)

You will have morning sickness and nausea in your first trimester, experience a little loss of appetite and then BOOM!

You are in your second trimester and your cravings pick back up. You turn into some super eating Pac-Woman, eating everything in sight to get those much-needed nutrients to feed your ever-growing baby.

But mum, we are not going to sugar-coat it. (That pun was not intended!)

For some, your appetite is going to be up and down.

It is going to be erratic. You will have easy days. You will have difficult days.

The sooner you come to terms with this, and the sooner you embrace the uncertainty, the better prepared, more relaxed, and stronger you will become.

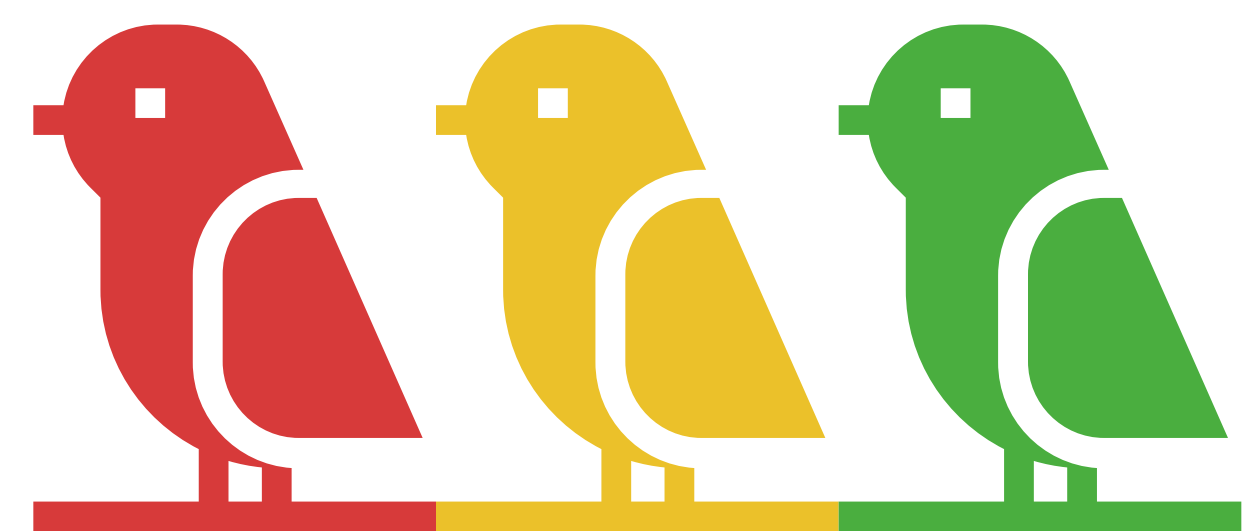
There is one thing that is certain.

You are stronger than what you think.

Three Little Birds.

As Bob Marley sang in Three little Birds.

Mum ...



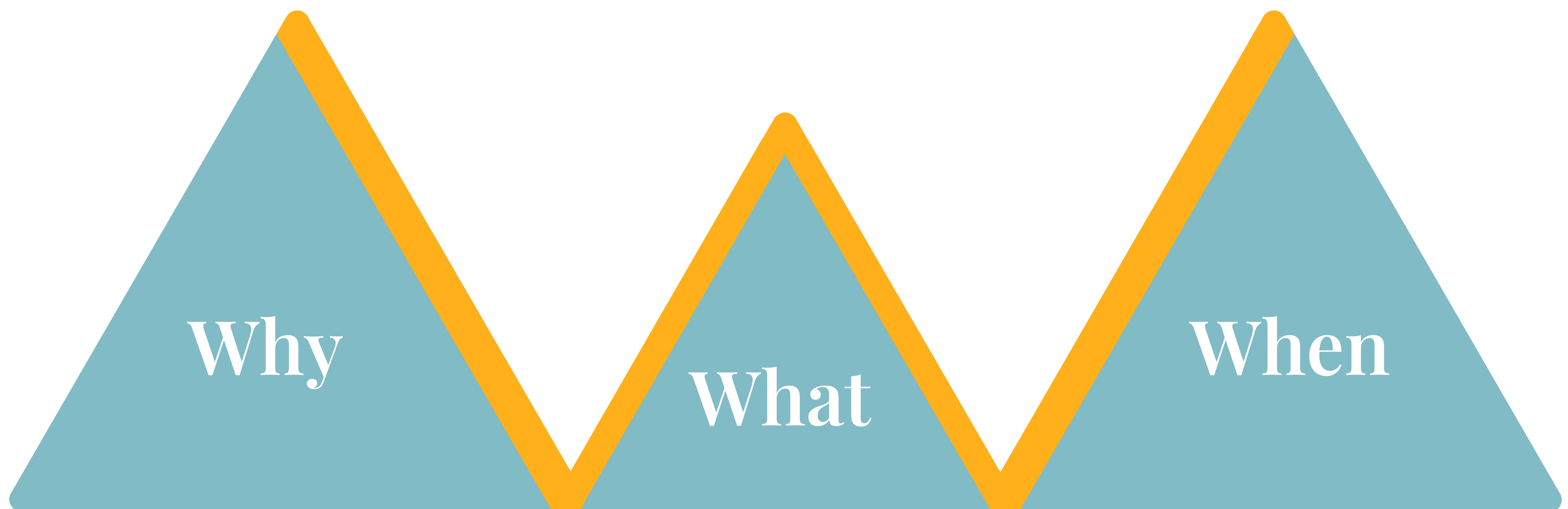
“Don't worry, about a thing
'Cause every little thing gonna be alright”

The BABYGO® Approach. The W Pyramid.

The BABYGO W Pyramid® is designed to tackle our nutritional fears and misconceptions head on.

It gives us a clear point of focus, amongst all the confusion, by simply reminding us to think of the 3 W's.

Why do we eat? What do we eat? When do we eat?



For some, a lack of appetite will have developed into an unwanted habit, leaving you feeling anxious of what to do next.

For others, you too might be able to adopt something new.


The good thing about habits is that they are there to be challenged.

Negative habits can become positive habits. Just as, good habits can become even better habits.

The First Rule of the W Pyramid.

Why do we eat?

It is time to refresh and reset your mind.

Food = Nutrients  Nutrients = Fuel

It is simple. Nutrients are the fuel that power your engine.

And just like your car, your body needs fuel to run properly.

Yet it is simple for your car; it runs on just one fuel. Your body runs on 7 types of fuel.

And what is more, you need to keep all 7 topped up to feel at your best.

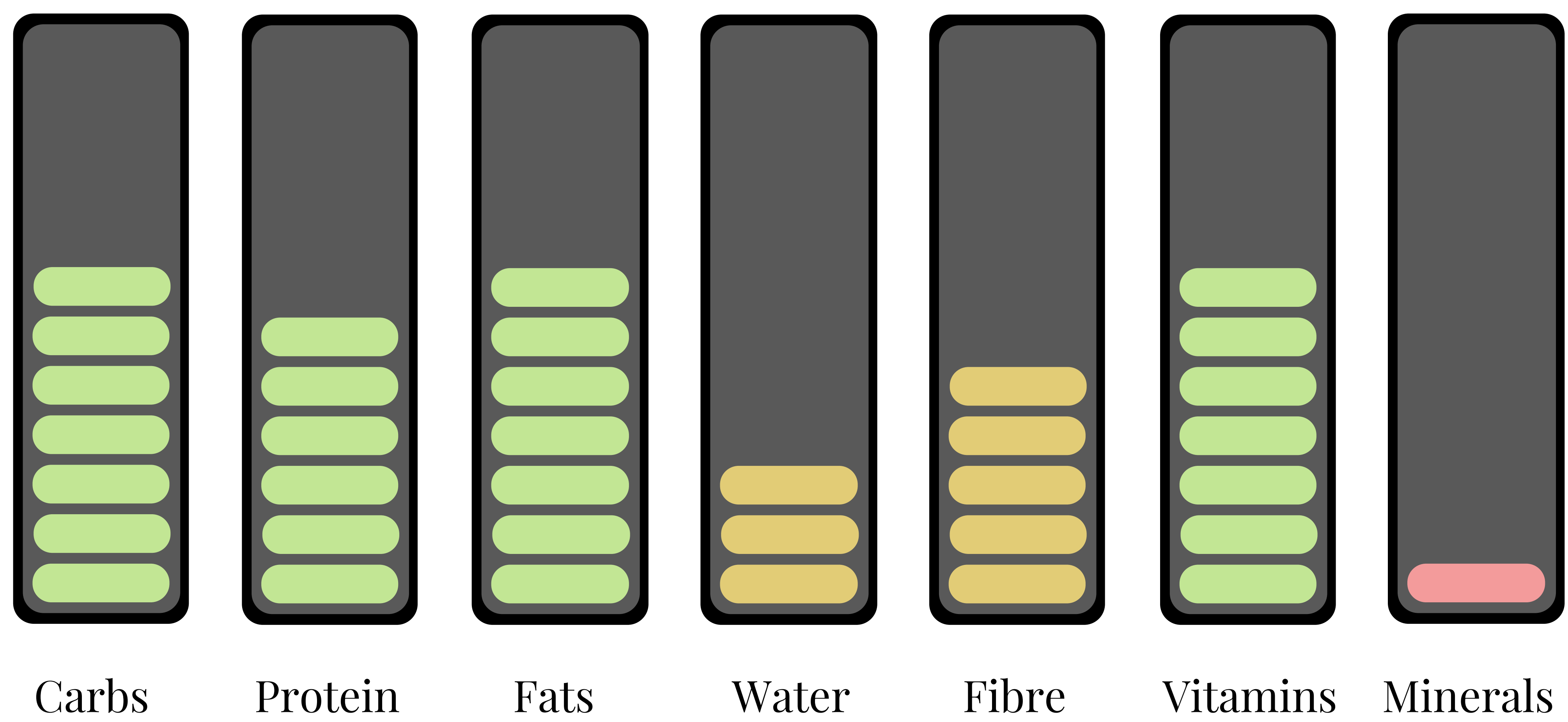
The Second Rule of the W Pyramid.

What do we eat?

It is time to visualise your fuel tank.

What we eat and drink during pregnancy is your baby's main source of nourishment. This means we now must adjust how we fill it.

Your bodies fuel tank.



Your fuel tank is made up of two groups. Macro (nutrients) and micro (nutrients).

Eating a well-rounded diet with the right mix of nutrients is important for a healthy pregnancy.

A Game of Pac-man.

Throughout your pregnancy your baby will take nourishment from each of your 7 fuel tanks.

At no point will they stop pinching the good stuff away from you.

Imagine the inside of your body as the first level in a game of Pac-man. Starring in the role as Pac-man. Your baby (hooray!).

Pac-man does not know how to stop eating until completely full.

The same applies for your baby too.

To ensure you are eating the right things for your own health and your baby's too, it is important to understand:

Number 1.

If you do not top up your fuel tanks enough, your baby does not know when to stop and will not leave enough left over for you.

And this can affect your energy levels and mood.

Number 2.

Your baby's brain is yet to develop the skill to distinguish the good stuff from the bad stuff.

Put too much of the bad stuff in your body and they will pinch these nutrients too. This can be bad for their development.

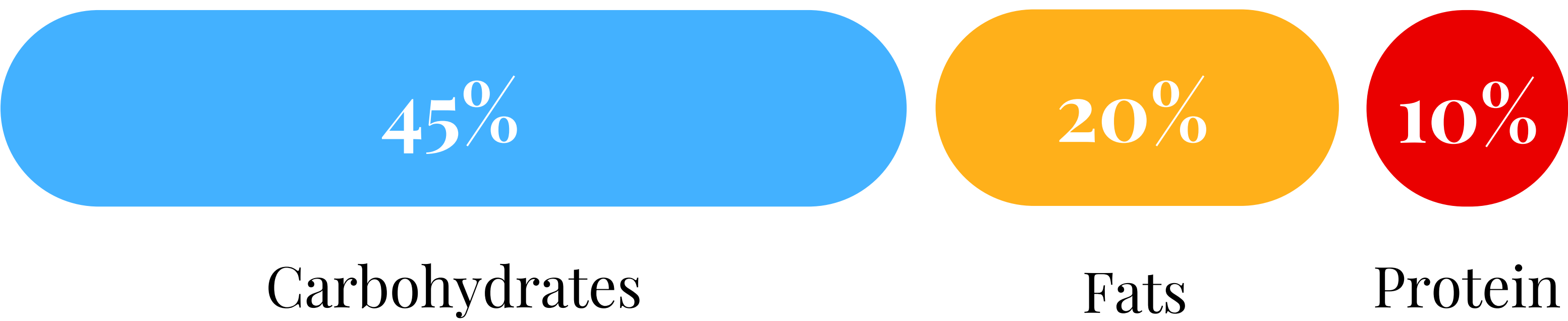
Energy Macro (Nutrients).

Carbohydrates, proteins, and fats provide us with 100% of our energy and make up the bulk of our diet.

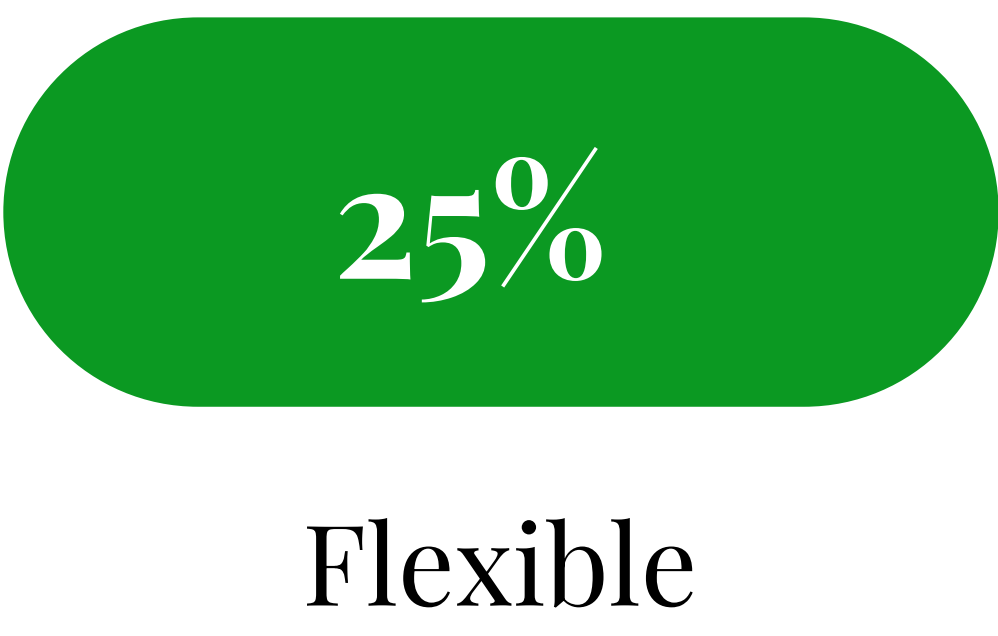
Now you are eating for two, getting the balance right during pregnancy can be confusing.

But it is simple. The ratios stay the same as they were before pregnancy.

Energy is measured in calories, and as such 75% of your energy should come from



The remaining 25% is flexible and allows you the freedom to top up each energy macro as you wish, dependant on your goals.



Be smart and do not waste your flexible 25% now you are pregnant. Remember, your baby eats what you eat, and each energy macro has other specific benefits for your baby’s development too.

Counting the Calories.

During the first trimester your daily calorie intake should be the same as it was before pregnancy.

This is based on your BMI, age, and daily exercise.

Your calorie count should slightly increase in the second and third trimesters to support your baby’s growth and development.

Try to get these additional calories from nutrient-dense foods. Nutrient-dense foods are foods relatively low in calories, but high in vitamins, minerals, complex carbohydrates, lean protein, and healthy fats.

*The amount of healthy weight gain in pregnancy varies. The below is guidelines only.

	Trimester 1	Trimester 2	Trimester 3
Calorie Intake	2000	2200 – 2350	2300 – 2450

Remember this.

- Your weekly calorie ratio is flexible, there is 25% left over to adjust to your pregnancy needs.
- Water, fibre, vitamins, and minerals do not contain calories.

Service Macro (Nutrients).

Think of water as your courier service.

Water in the body collects and absorbs essential vitamins and minerals. Then delivers these to your baby.

Drink the recommended amount and expect a same day delivery, drink anything less and expect a slower service.

Just as water acts as a courier service for your baby, it provides the same service for you too.

Staying well hydrated will help you to feel more relaxed, promote a positive mind, and keep troublesome discomforts at bay.

Fibre is essential for your own health and maintenance.

When paired with good hydration, fibre does the plumbing work to keep your digestive tract moving along smoothly.

Fibre can help you to feel fuller for longer and can help you to feel less bloated, gassy, and constipated.

Micro (Nutrients).

Now, these little fellas pack a mighty punch.

Vitamins and minerals might be needed in smaller amounts than the five macronutrients, but they are vital for your baby's development.

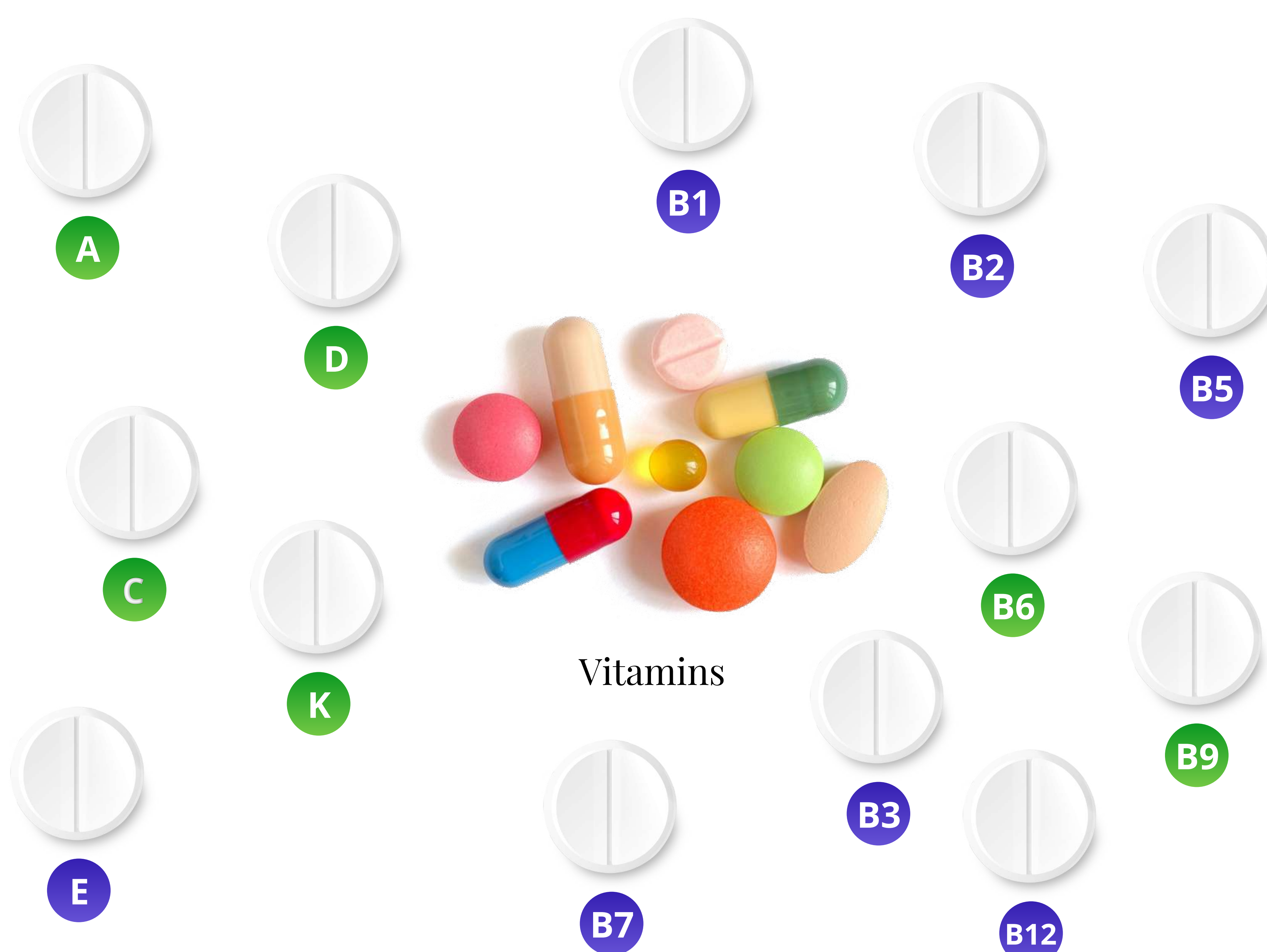
No wonder your baby is so keen to snap them up when they are in supply.

Vitamins and minerals make up such a small share of our diet it can be difficult to detect if we are getting the right amount in our diet.

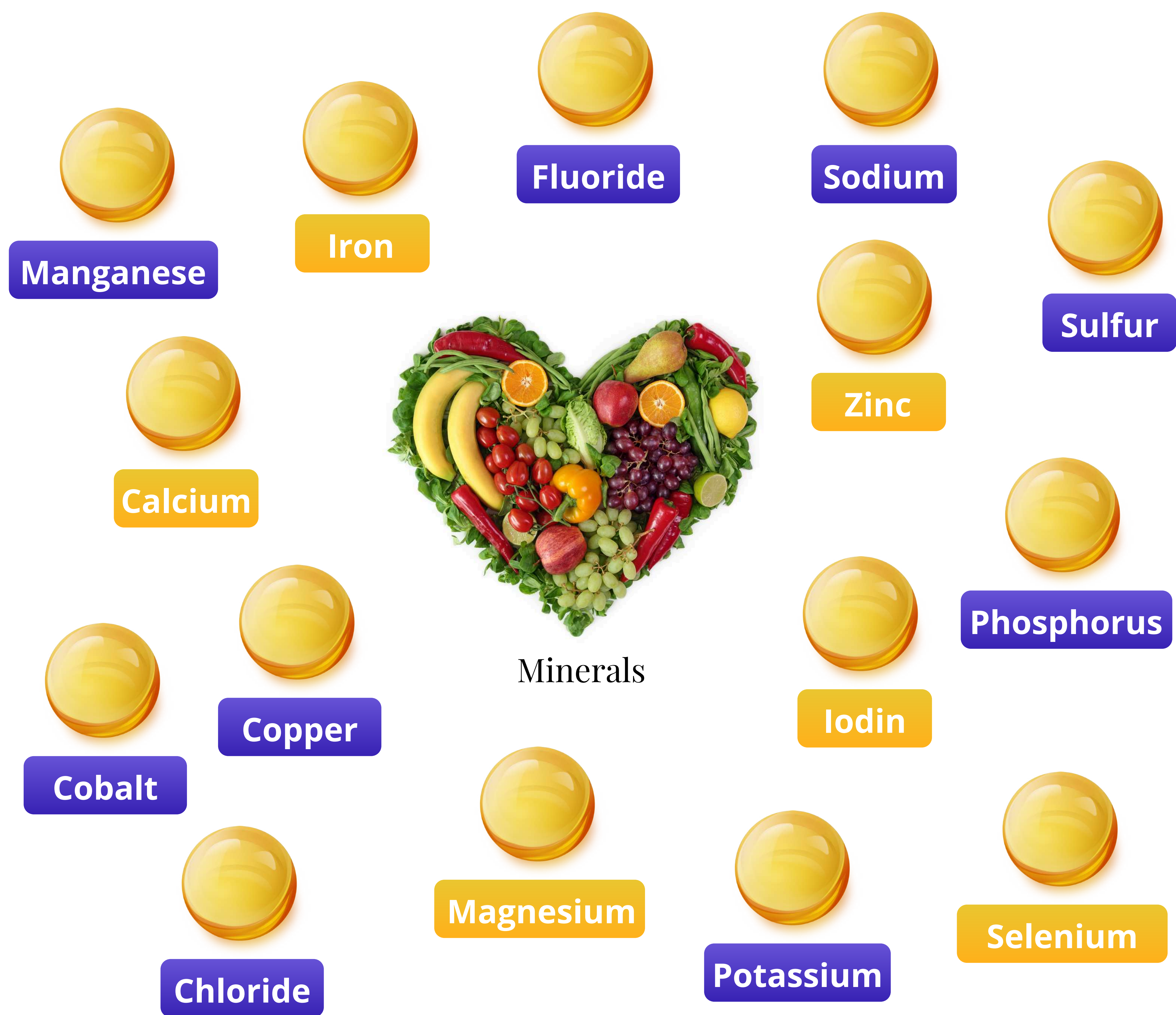
Especially when we have to raise these levels in pregnancy.

Deficiencies can be common until you adjust, and some supplements can help. It is important to speak to your health carer about your intake, as they can advise best on your individual circumstances.

To help you out we have marked in **green** those vitamins you might want to pay special attention to.



To help you out we have marked in orange those minerals you might want to pay special attention to.



Macro and Micro in Collaboration.

Micronutrients not only do their own thing; they are needed to fine tune the macronutrients you load up on too.

When macronutrients provide you with your energy, several B vitamins do the work to help release this energy.

Similarly, some vitamins rely on other minerals, and vice versa to get the best out of each other.

For instance Vitamin K helps absorb calcium.

You might be fuelling on the right amount of calcium, but a deficiency in Vitamin K might mean you are not getting the optimum benefits.

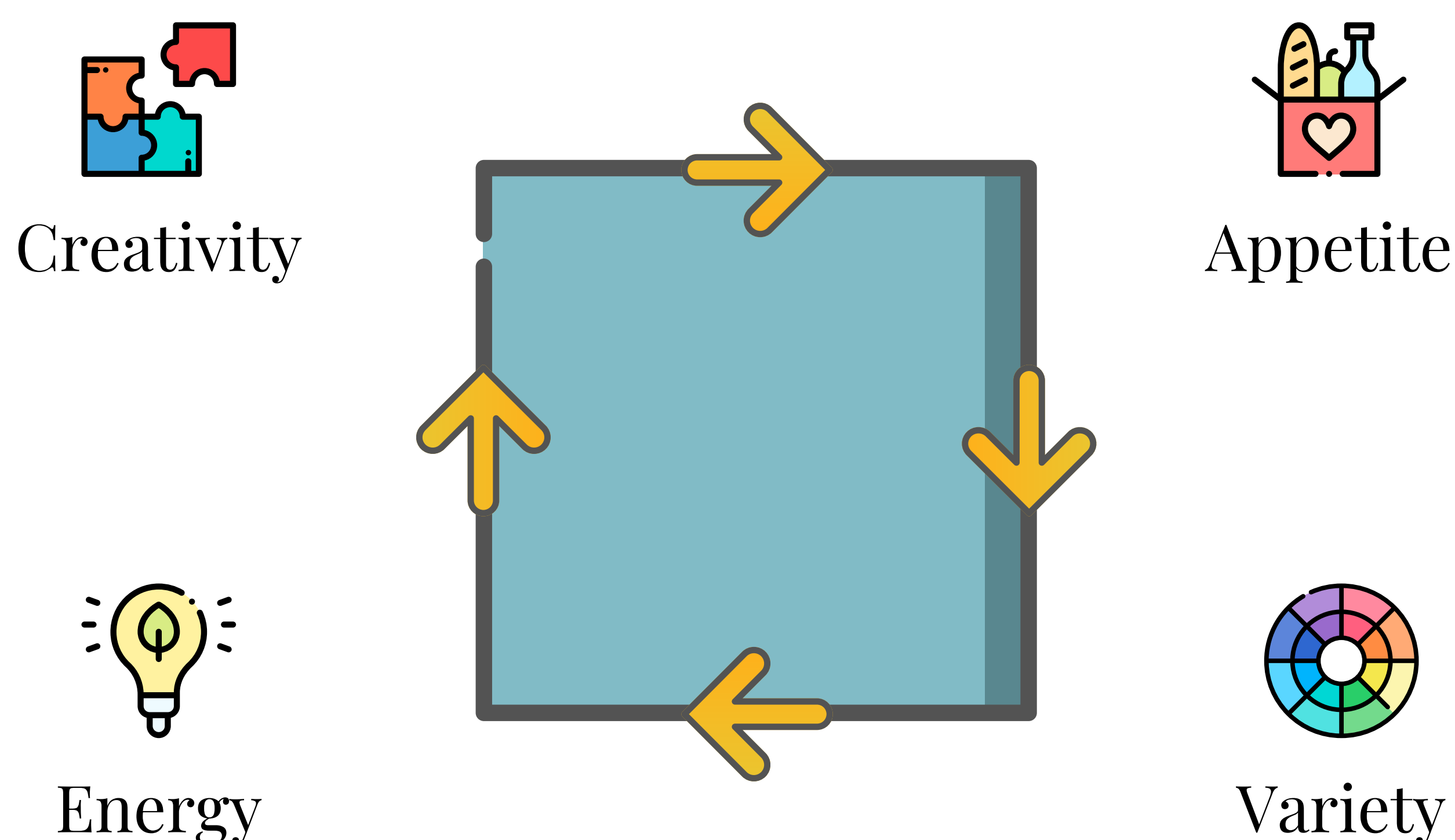
The Nutrition CAVE.

We realise it is not always easy to eat or drink the right things, especially when you do not have much of an appetite.

To help balance your foods and to keep your seven nutrient levels topped up think of the Nutrition CAVE.

Creative ideas, rather than familiarity, are more likely to trigger your appetite.

This makes it easier for you to get a healthier and larger variety of nutrients to your baby. Whilst nutrients in greater amounts will help to boost your energy.



Nutrition.

Challenge your nutritional habits.

You do not have to look too far or spend too long looking for inspiration.

How does 20 minutes sound?

Online recipes, magazines, dedicated pregnancy recipe books.

You will be amazed at the variety of tasty meal and snack ideas, with just the nutrients you need.

Pancakes, tacos, wraps, oats, smoothies and much more.

The Third Rule of the W Pyramid.

When do we eat?

A predictable food routine is an easy trap to fall into.

Familiarity and timing have a huge influence on appetite loss when you are pregnant.

It is time to challenge when you eat.

Eat Less More Often.

Whether your decreased appetite is a result of sickness, heartburn, or just a predictable food routine – portion control is key.

Try six small meals instead of three large meals. Eating less more often will help your tummy to feel more settled and minimise the discomfort of having a full stomach.

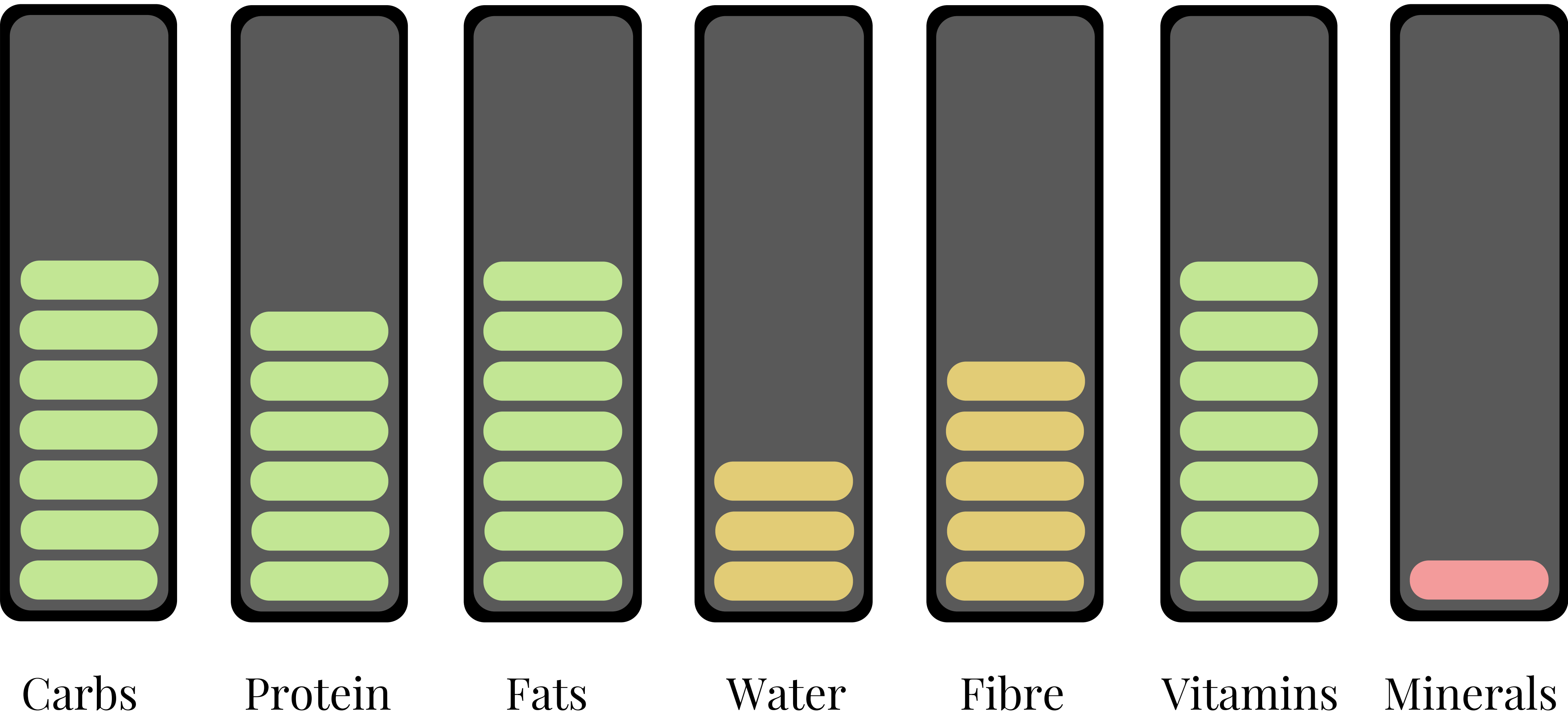
Remember the rules of the BABYGO Nutrition Box. It can really help inspire small meal ideas.

Try Not to Let Yourself Go Hungry.

There are some days, no matter how well you have prepared, you just cannot escape that feeling of sickness.

Your baby will pinch the extra nutrients from you, leaving you weaker.

Your bodies fuel tank.



Healthy snacking can help to stabilise your blood sugar levels, build your strength and give your appetite a real boost.

Whilst your baby will benefit from a steady supply of nutrients.

A Late Night Snack.

Making time for a late night snack can be invaluable.

Stabilising your blood sugar levels before bed can help you to sleep better and re-energise your body.

A re-energised body minimises that dreaded morning sickness.

Exercise.

One of the best natural ways to increase your appetite is to keep active.

Just like it is a good habit to refuel every couple of hours, make it a good habit to jump on your BABYGO® birthing ball every couple of hours too.

When you exercise, your body needs to replace the calories it burned and this is most likely going to trigger your hunger hormones.

Exercise is also a great way to increase your calorie count in the third trimester.

It can trigger hunger hormones later in the day, making you want to eat more than usual and it is easier for you to get those additional calories needed.



Labour Plan

Photo by Daisy Laparra

Birth Plan Essential.

That is right, you can pack it in your bag.

If there is one birth plan essential you want to remember, it is your BABYGO® birthing ball.

Why?

It is natural that when we think about giving birth that we automatically think about pain and how we can avoid it.

Fast Acting Pain Relief.

Breathing and relaxation techniques with your BABYGO® birthing ball can help to ease your anxiety fears, help you to feel comfortable and help you forget about the pain.

It might be hard to imagine labour as a time to relax when it feels like you don't have time for it. You might think –

How can I relax when I am in labour!?

But by staying calm, comfortable, and confident you can promote your body's production of natural pain-relieving hormones.

Oxytocin.

Oxytocin reduces stress, brings a feeling of calm and it also helps with pain during labour.

It hangs around after birth too.

It helps you to feel more relaxed, nourished and bonded with your baby.

Beta-Endorphins.

One of the many benefits of endorphins, are the fact that they act as a natural painkiller. 200 times stronger than morphine.

The importance of balancing your hormones is perfectly illustrated by this hormone.

Keeping calm during labour will release beta-endorphins and reduce your reception of pain. However, if you allow your stress levels to get on top of you, your body will release too many beta-endorphins, and this can become counterproductive, prolonging labour.

Adrenaline.

Adrenaline is the *fight* or *flight* hormone.

By *fight*, we are preparing ourselves to forcibly resist something.

Flight is our natural response to run away from something.

If you feel scared during labour it is likely that you will produce high levels of adrenaline. This can slow labour or stop it altogether. Your sense of panic will increase the pain.

This is why at BABYGO®, we recommend you think about the comforting measures that you can take to help you to stay calm and relaxed.

Have trust and confidence in your body and your capabilities, after all, it is true that a calm mind brings inner strength.

Hypnobirthing.

Hypnobirthing is growing in popularity and is a technique that helps to minimise the feeling of fear and tension.

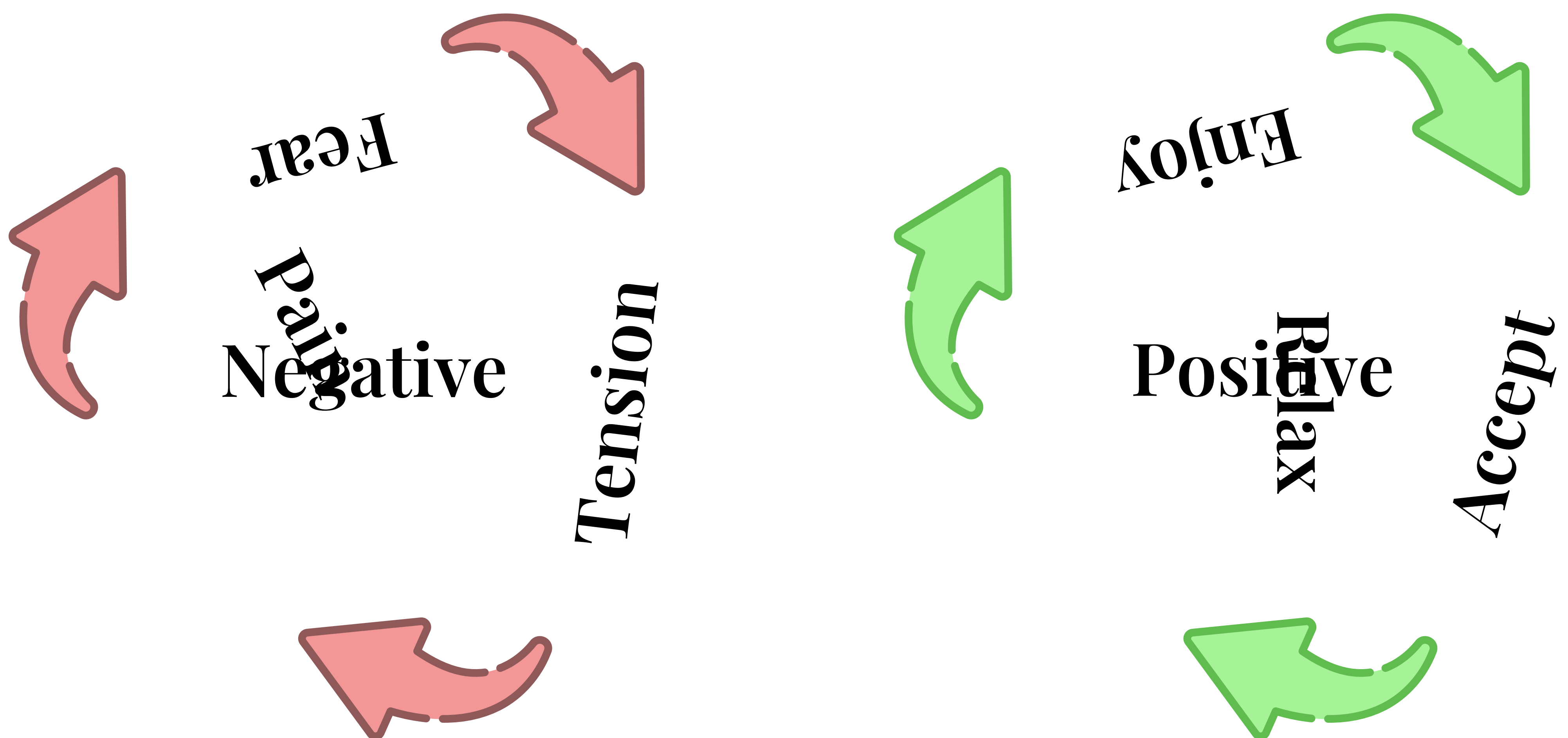
The result – a shorter and more comfortable birth for mum and baby.

Hypnobirthing is not something new. In fact, it was first taught in 1989 in the United States by *Marie Mongan*.

It was British obstetrician *Grantly Dick-Reid* who first described what has now become known as the *Fear-Tension-Pain cycle*.

He suggested fear causes a pregnant woman to become tense, and that tension increases pain. Increased pain increases more fear and then the cycle repeats.

Two Different Approaches



It's a trend that is growing popular with celebrities too. Hollywood stars *Angelina Jolie* and *Jessica Alba* have both used hypnobirthing techniques.

Whilst British celebrities *Fearne Cotton* and the wife of England football star *Harry Kane* gave birth using hypnobirthing techniques.

The Techniques.

Hypnobirthing is simple to do and is designed to build your confidence.

It teaches gentle birth techniques that can benefit just about anyone who is giving birth.

The 6 simple techniques:

- Relaxation
- Deep breathing
- Visualisation
- Mindfulness
- Pregnancy and birth affirmations
- Self-hypnosis

When and Where Can I Start.

We recommend that you begin learning hypnobirthing techniques towards the end of your second trimester and the start of your third trimester.

There are lots of ways to learn whether it be a class in your local area or by listening to CDs and podcasts too.

And of course, many of our pregnant ladies have found using the BABYGO® birthing ball with hypnobirthing techniques has allowed them to deeply relax and focus.

Did you know...

Although not yet scientifically proven, it is said that babies born using hypnobirthing techniques are likely to be calmer, more settled and likely to be better feeders and sleepers.

Inspirational Quotes to Help You to Prepare and Relax.

Try to relax and remember these inspirational quotes, they can be a god send in your time of need!

“A calm mind brings inner strength and self-confidence, so that’s very important for good health.” Dalai Lama.

“Sometimes the most productive thing you can do is to relax.” Mark Black.

“Give your stress wings and let it fly away.” Terri Guillemets.

“Your calm mind is the ultimate weapon against your challenges. So relax.” Bryant McGill.

“For fast-acting relief, try slowing down.” Lily Tomlin.

In Labour.

“She who is best prepared can serve her moment of inspiration.” Samuel Taylor Coleridge.

Just like breathing techniques, we recommend that you start to think about labour positions with your birthing ball towards the end of your second trimester, and at the start of your third trimester.

Preparing early and practicing labour positions is a sure way to help keep you relaxed, reduce your fear of pain and boost your self-confidence.

When you hit labour head on, you will be ready. Armed with numerous comfortable positions for you and your baby!

As well as winning the battle of the mind games, if you have followed our exercise plan, set out earlier in this book, you are sure to have the extra endurance and pushing power for a faster and easier birth without the need for assistance.

Labour Positions.

There is no right or wrong way how you decide to give birth. It is your own personal choice.

Listen to your body, experiment with different movements and do what is most helpful for you.

The comfortable and bouncy surface of the BABYGO® birthing ball can help:

- Lower stress and anxiety levels.
- Take your mind off the pain you may experience from your contractions.
- Act as a counter-pressure to your perineum and thighs.
- Loosen up your pelvic and lower back muscles to aid in a smoother delivery.
- Position your baby properly in the foetus minimising the chance of a breech baby birth.
- Increase blood flow to the uterus and placenta – as well as your baby.

Sitting.

Sitting on your BABYGO® birthing ball can give soft and comforting support to the perineum.

Keeping your balance should be easy.

Maintain an upright posture and keep your feet shoulder-width apart.

Bouncing.

Gentle bouncing is a great way to cope with pain in between contractions.

It is a good way to balance your hormones.

Practice and see how easily you can let go of the stress and find yourself more relaxed when you are focused on bouncing.

Rocking.

Sit on your BABYGO® birthing ball and gently rock backwards and forwards, and from side to side.

This will help to move and align your pelvis into a more comfortable position, easing the discomfort between contractions.

These simple movements to align your pelvis can lead to a speedier birth for your baby.

Leaning Against the Ball.

When exhaustion begins to kick in, leaning on your Babygo® birthing ball can feel like a life saver.

This position is also a triple win.

You get the comfort of leaning forward, as well as the comfort of standing up and your birth partner can massage your back.

Place your ball on a bed, and as you tip your belly forward feel the pressure taken away from your lower back and gravity guide your baby deeper into the pelvis.

Leaning Against the Ball, on All Fours.

This position gives you a little extra stability than leaning against your ball on a bed or high surface.

You still get all the benefits too.

Simply wrap your arms around your Babygo® birthing ball and give it a giant hug.

Although this position might be a little discomforting on your knees, you can always put down a pillow or cushion for extra comfort.



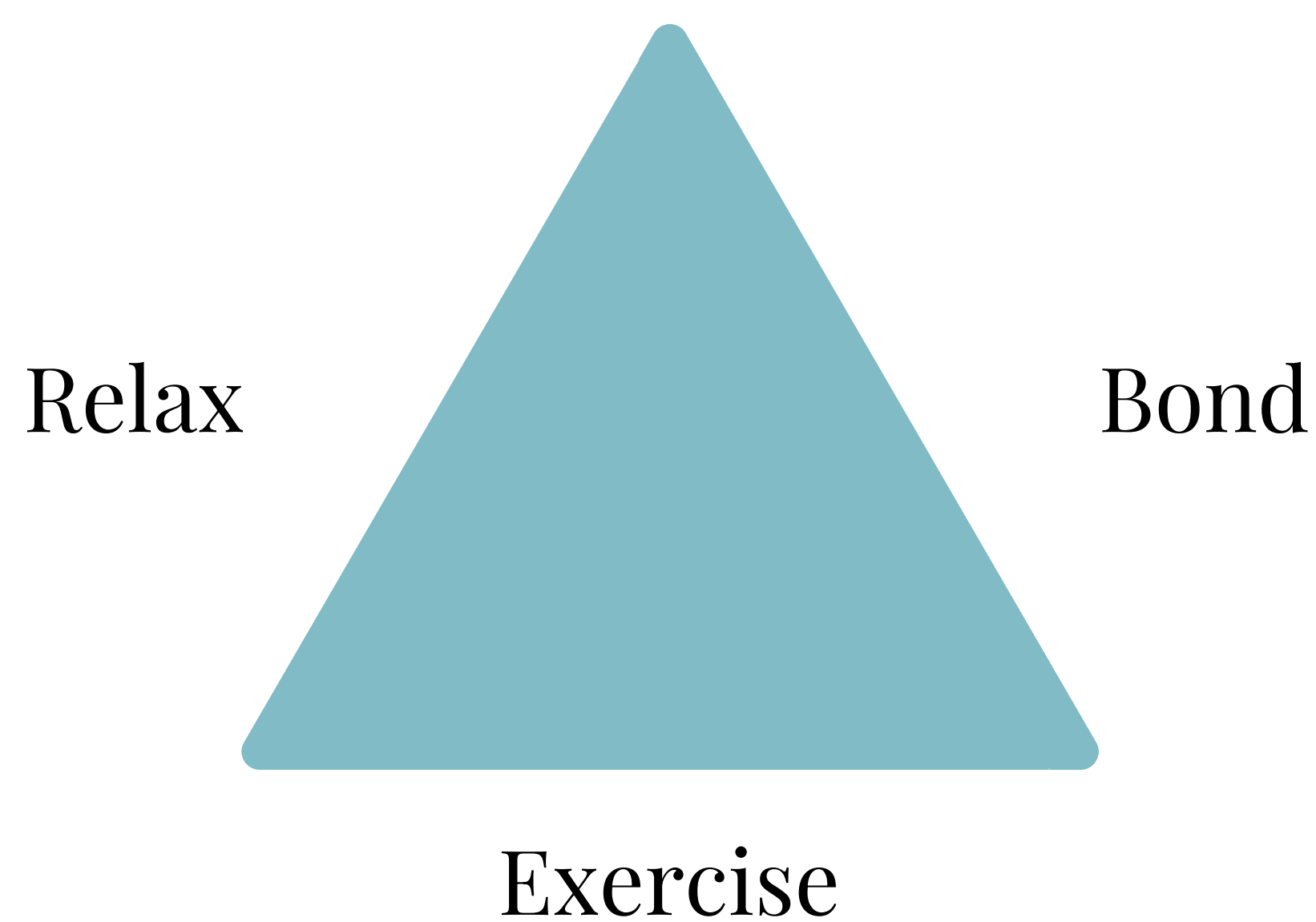
Postpartum Plan

The BABYGO® Approach. The REB Triangle.

The BABYGO® approach to a happy postpartum is simple.

Mum's you got to REB!

Why?



Each side of the Babygo® REB triangle shares equal importance.

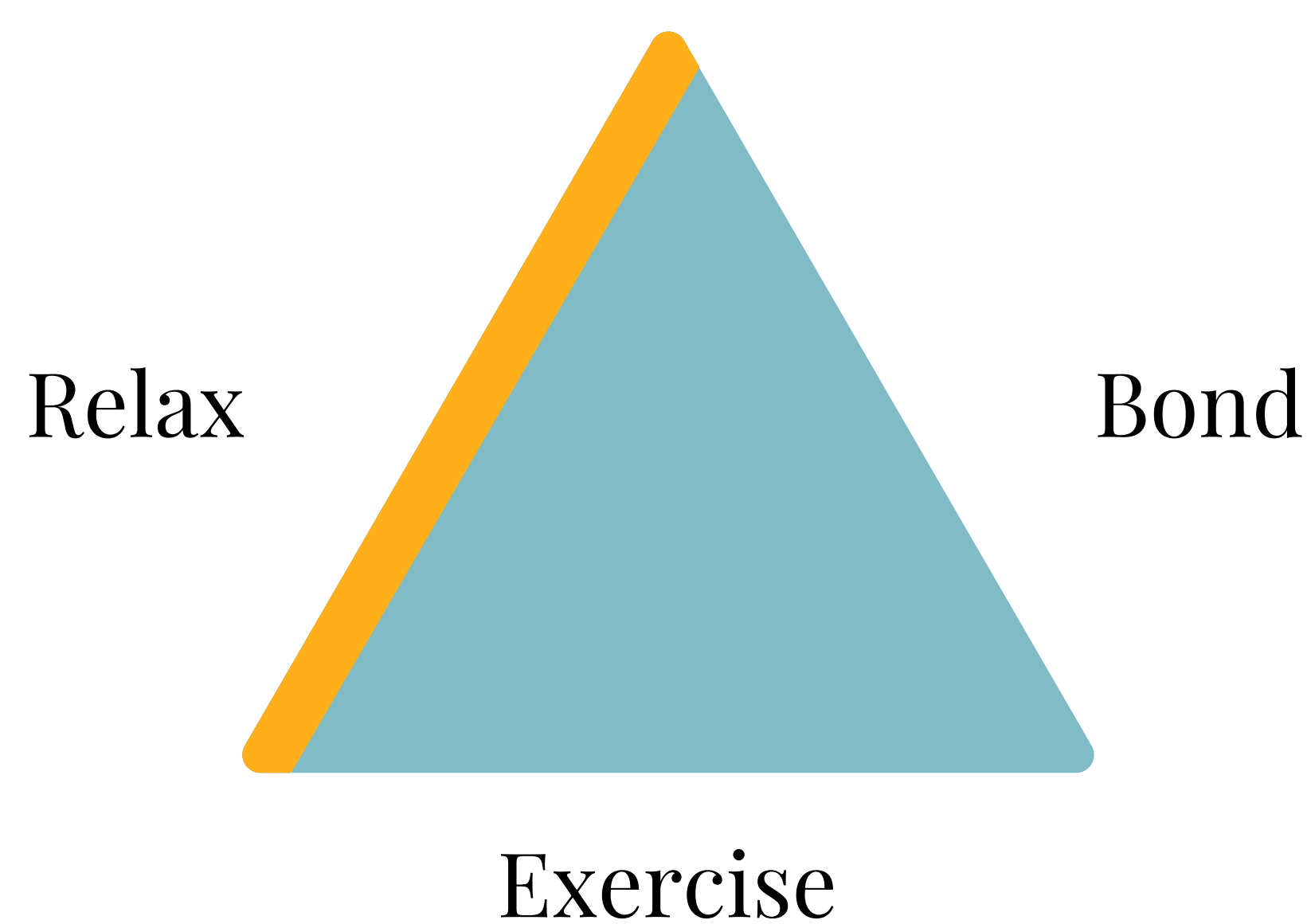
The triangle allows you to focus on what matters.

Dividing your time between your own needs, your baby's needs and your collective needs.

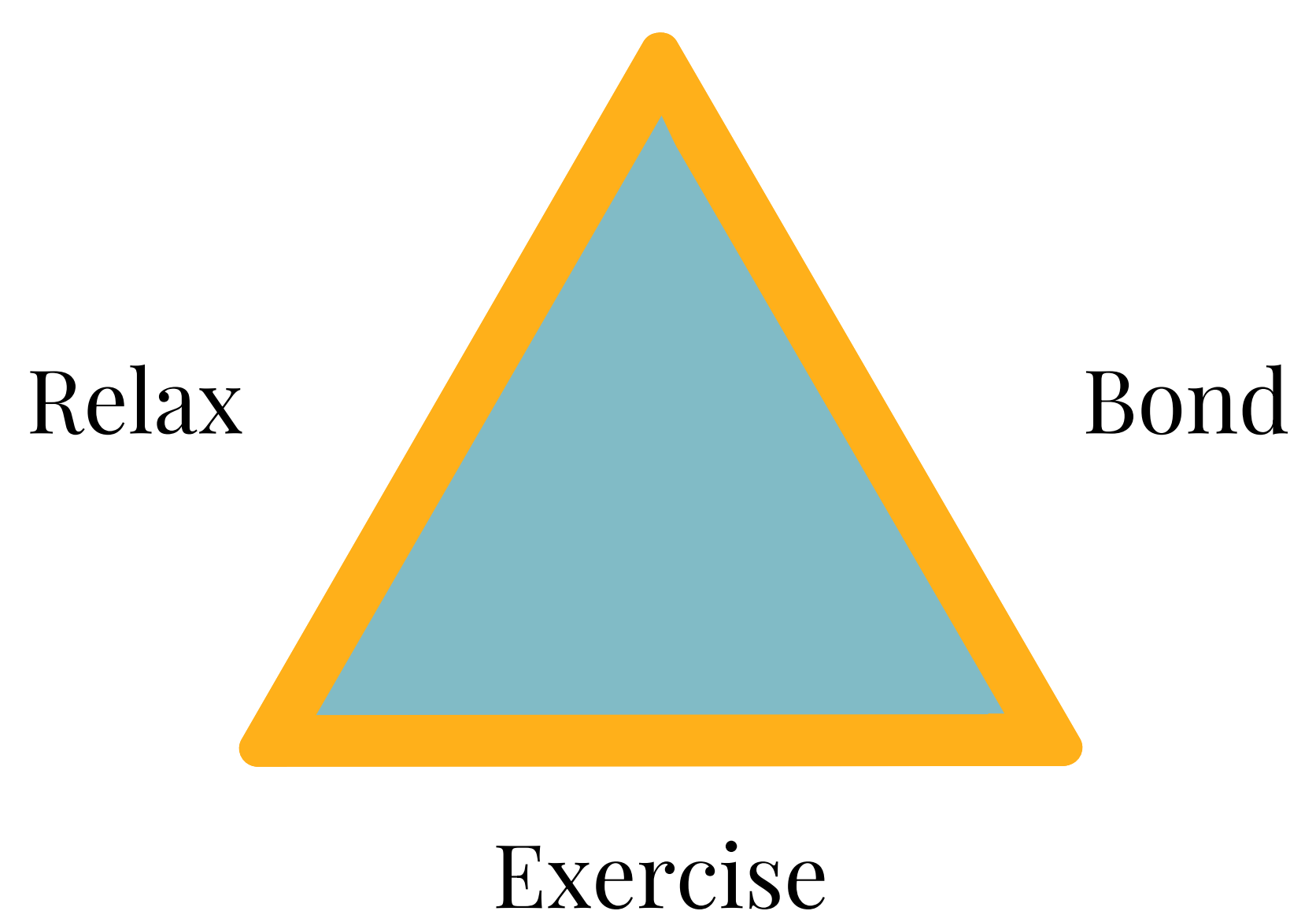
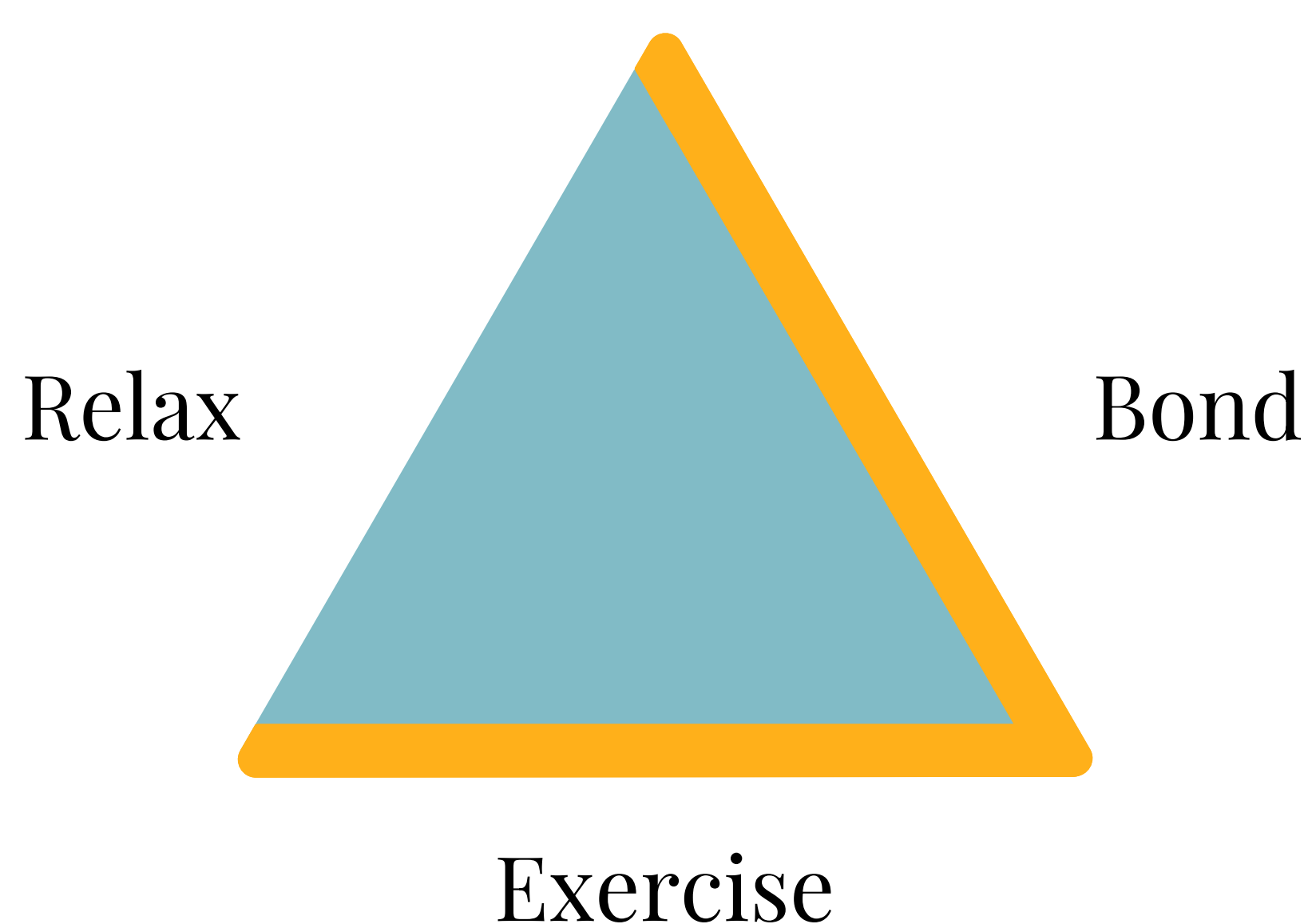
It Is Flexible Too.

You can fully focus on one side of the Babygo® REB triangle at one given time, or you can connect sides of the triangle together.

You might want to take some individual time to relax or exercise whilst your partner or parents bond with your baby.



Connecting the Sides.



You might want to connect two sides of the triangle and take your baby for a walk in the pram.

You can even connect all three sides. Relax, exercise and bond with some baby yoga.

The importance of this approach is to make you realise that by dedicating some time to each and clearing your mind of anything else, a simple focus on the 3 sides of the BABYGO REB triangle® can help to balance your hormones, boost your confidence and propel you and your baby to an even happier place!

Relax.

Whether it is your first baby, or your second, it is easy to become overwhelmed by the demands.

Rule number 1 of the Babygo REB triangle...

Relax.

It's okay to say no to people and to pass on plans and visits. Your family and friends will still be there no matter what.

Do what feels right for you. It's healthy to see people, of course. But don't overdo it. Take a few weeks to settle into your new life.

Now you have settled into your new lifestyle, make planning some "me time" a priority.

You will be surprised at how natural it becomes. It will become a habit. A very good habit.

You might think planning some “me time” is impossible. I haven’t got the time.

Wrong. Don’t be afraid to reach out to people for help. Your partner, family, friends.

When we relax, the flow of blood increases around our body giving us more energy.

We have a calmer and clearer mind. We think and feel positive. Our concentration, memory and decision making improves.

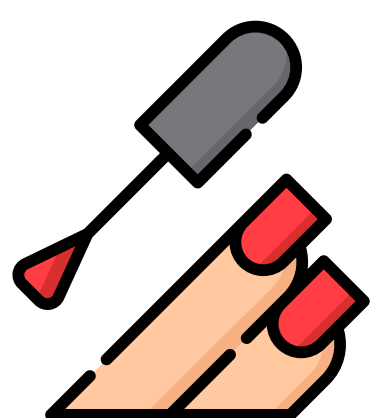
Tension and stress, vanish.

All good for the relationships with those who matter the most to us!

10 Ways to Replenish and Re-Fuel.



Hot Bath



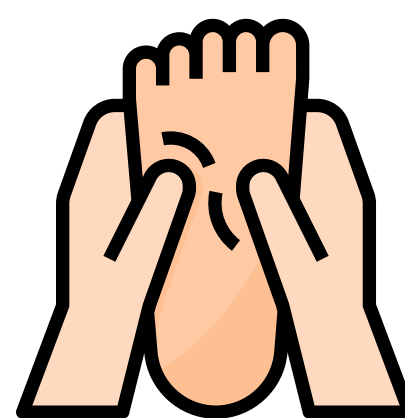
Manicure



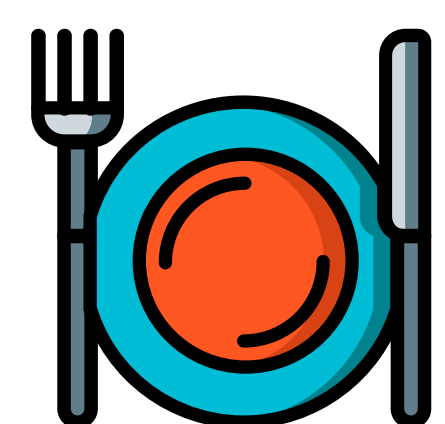
Social time



Shopping



Pedicure



Date Night



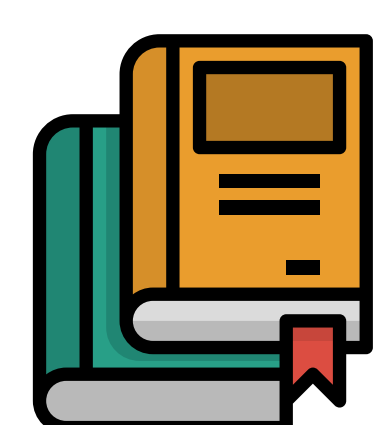
Sleep



Massage



Yoga



Reading

Bond.

The rewards are the same for us all. Some of us just take a little longer to get there.

Rule number 2 of the Babygo REB triangle...

Bond.

Some of us feel unconditional love and attachment the moment our baby is born, others might take weeks or even months.

Whenever it happens, the important thing to remember is, it will happen.

Try not to feel anxious or guilty. Keep calm and relaxed.

There is no shortcut. So, don't put yourself under pressure to create one.

Small steps, in short bursts, are the winner.

Imagine a race around a 400-meter running track.

As the whole point of this analogy is to make you realise that the bonding process is not a race, let's call it the 400-meter bonding event!

The 400-meter bonding event.

The bonding event includes 8 mums who gave birth on the same day.

Mum in lane 8 begins the bonding event ahead of mum in lane 7.

Mum in lane 7 begins ahead of mum in lane 6, and so on.

In fact, mum in lane 8 starts the bonding event some 50-meters ahead of mum in lane 1, for no reason whatsoever, other than the luck of the drawer.

The event begins.

When all mum's approach the 400-meter line in the bonding event they are all level.

Why?

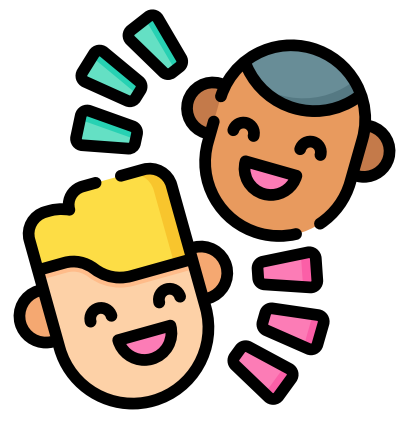
All mum's in the bonding event did the same things. In fact, there was nothing any of them could have done any better.

Eventually those mum's who were a little behind caught up. And those mums who began in front gained no further advantage from starting ahead.

Mum in lane 1 didn't put herself under any extra pressure, even though she began 50-meters behind mum in lane 8. She knew that by doing the same as everybody else, she would catch the rest up.

All mums were feeling the same unconditional love and attachment by the end!

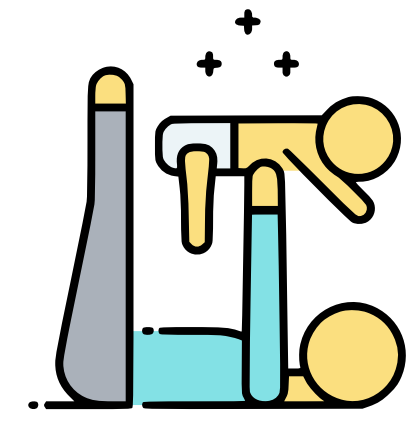
10 Ways to Bond With Your Baby.



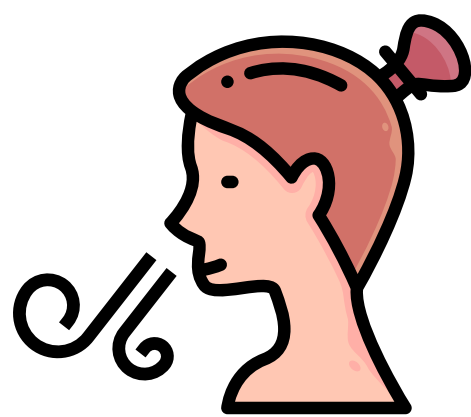
Chat and smile



Respond to your
baby's cries



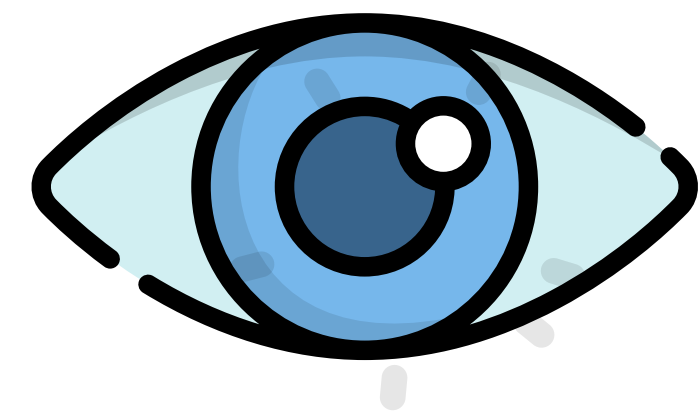
Baby yoga/ Tummy time



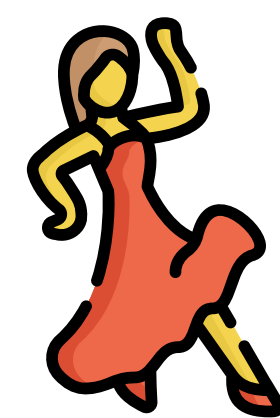
Take in your baby's
smell and heartbeat



Looking into the
mirror together



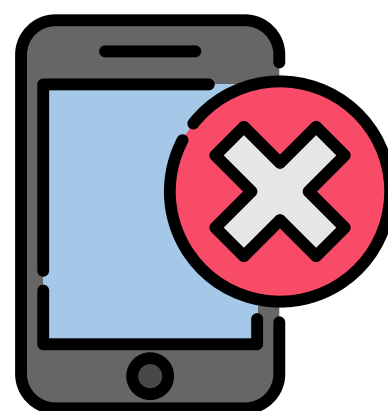
Look into your baby's
eyes during feeding time



Singing and dancing



Skin on skin



Put away your phone



Sensory play and games

Exercise.

The one that is often forgotten.

Rule number 3 of the Babygo REB triangle...

Exercise.

There are many wonderful, yet essential benefits to adding a little exercise into your daily routine can have.

Luckily, here at BABYGO® we don't believe in abandoning our mum's after pregnancy, 'to simply get on with it' and 'figure it out themselves'.

Whether your individual goals are to:

- Stay healthy
- Feel more energetic
- Feel less stress
- Get a better night's sleep
- Repair and recover after childbirth
- Strengthen and tone abdominal muscle
- Lose weight

We are here to support you, and to help you feel good about yourself once again!

If you have had a healthy pregnancy and a normal vaginal delivery with no complications.

Then good news.

You should be able to start exercising a few days after giving birth.

If you had a caesarean birth or experienced other complications, however.

You might have to wait a little while.

The good news is. You should only have to wait a few weeks.

In both cases, please we ask, get the permission of your midwife, health visitor or GP first before you start.

Plan Your Day Using the BABYGO REB Triangle.

Plan your day using the BABYGO REB Triangle focusing on the 3 sides that matter.

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

Sunday

A close-up photograph of a woman with long dark hair, wearing a dark lace top, holding a newborn baby. The baby is wearing a white onesie and has its mouth open. The woman is looking down at the baby with a gentle expression. The background is slightly blurred, showing a white hospital bed frame.

6 Week Recovery Plan

The First 6 Weeks.

Before all else, you want to focus on recovering the areas that demanded the most of you during your pregnancy.

It makes sense, right?

You've got to nurture your pelvic floor and deep abdominal muscles.

Almost all pregnant mums suffer from a gap between the left and right abdominal wall muscles during pregnancy (diastasis recti).

While your pelvic floor muscles are weakened during labour.

Remember the relief your BABYGO® birthing ball gave to your perineum during pregnancy?

And the pressure it took off your lower back?

Well don't toss your BABYGO ball to one side just yet! You are going to need that comfort just as much now.

If you are experiencing swelling, dedicate some time to the warm-up and circulation plan at the front of this book.

Light exercise will improve blood flow.

Remember the rules of the BABYGO REB triangle®. Focusing on what matters includes focusing on you too.

Breathing Technique.

Before jumping straight in, practice your breathing technique.

Squeezing your stomach without exhaling can cause an increase of pressure on your abdomen.

Inhaling.

Slowly breathe through your nose as if to smell your favourite food or flowers.

Exhaling.

Exhale out through your mouth as if you were blowing out a candle.

Kegel Quick Flicks.

Strengthen your pelvic floor muscles. Regain control of your bladder.

*See Page 30 for exercise.

Kegel Long Hold.

Strengthen your pelvic floor muscles. Regain control of your bladder.

*See Page 30 for exercise.

Deep Abdominal Muscles (TVA) Basics.

Engage your deep abdominal muscles, you need to master the basics.

1. Resume seated ball position.
2. Place your hands on your stomach and breathe normally.
3. Keep your spine in a neutral position, shoulders back, with good posture.
4. Squeeze your core and draw your belly button in and up toward your spine.
5. Simultaneously and controlled, exhale out.
6. Hold muscles for 3 seconds. Build up over time to 10 seconds.
7. You should feel your belly flatten toward the spine as you exhale.
8. Relax as you inhale. Repeat in a slow controlled rhythm. Perform seated or standing.
9. Build up repetitions overtime.

Double Arm Reach.

Heal your deep abdominal muscles and diastasis recti repair.

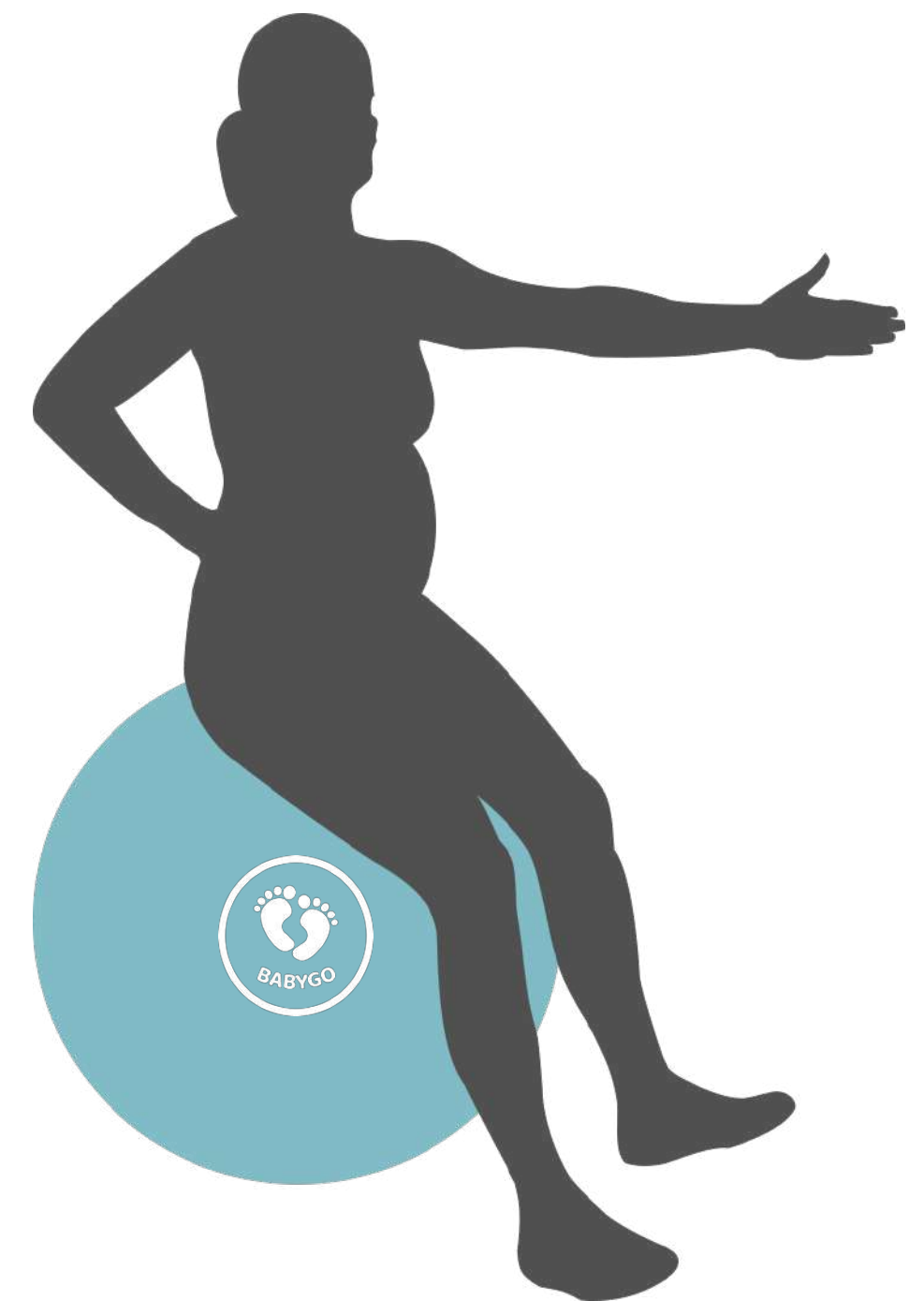
1. Resume seated ball position.
2. Sit nice and tall and relax your shoulders back.
3. Engage your deep abdominal muscles.
4. Lift up onto your heels, at the same time, roll backwards slightly on your ball.
5. Reach your arms forwards and out, palms facing inwards.
6. Be sure your abdominal muscles (TVA) is still engaged.
7. Bring your arms back in and touch your tummy.
8. Repeat.
9. Do what is comfortable and build up your repetitions over time.



Single Arm Reach.

Heal your deep abdominal muscles and diastasis recti repair.

1. Resume seated ball position.
2. Sit nice and tall and relax your shoulders back.
3. Engage your deep abdominal muscles.
4. Lift up onto your heels, at the same time, roll backwards slightly on your ball.
5. Keep your right hand touching your belly.
6. Simultaneously reach your left arm out, palm facing outwards.
7. Be sure your abdominal muscles (TVA) is still engaged.
8. Bring your left arm back in and touch your tummy.
9. Switch sides. Repeat.
10. Do what is comfortable and build up your repetitions over time.



Trunk Rotation.

Heal your deep abdominal muscles and diastasis recti repair.

1. Resume seated ball position.
2. Sit nice and tall and relax your shoulders back.
3. Engage your deep abdominal muscles.
4. Lift up onto your heels, at the same time, roll backwards slightly on your ball.
5. Keeping your left hand on your belly, gently rotate from your left hip.
6. Simultaneously reach your right arm out and around as you rotate to the left.
7. Keep your arm slightly bent at the elbow and fingers open.
8. Be sure your abdominal muscles (TVA) is still engaged.
9. As you come back to the middle, rest your right hand on your belly.
10. Switch sides. Repeat.
11. Do what is comfortable and build up your repetitions over time.



Post 6 Weeks.

Continue what you started. And be gentle and patient with yourself.

You don't want to stop now. You want to feel comfortable, confident and have a good aura of control.

For most, this will be another 6 weeks, building on the progress you have already made.

Slowly begin to introduce relaxation techniques.

These techniques will help to balance your hormone levels, improve your quality of sleep and boost your energy levels.

A refreshed mum is a happy mum!

Top Tip.

For extra support and comfort when active, consider the BABYGO® postpartum belt.

Our belt comes complete with the BABYGO postpartum nutrition® plan and the BABYGO® exercise plan, including **45 dedicated postpartum** exercises for an optimum recovery and weight loss.



Tummy Time

Photo By Filip Mroz

Eat. Sleep. ~~Rave~~. Tummy. Repeat.

Don't be silly, you can forget about the raving.

We're talking about your baby's schedule here. And besides, you are a parent now.

In the early 90's doctors made an important discovery.

A front-sleeping baby, was at a higher risk of SIDS, compared with a back-sleeping baby.

So, it became, as it is today, a prerequisite for your baby to sleep on their back for at least the first 6 months.

The results since have been astonishing. To this day cases of SIDS have dropped by a whopping 50%.

But with this success.

There came a new challenge.

Overcoming Obstacles.

Babies are now losing up to 15 hours of daily tummy time from sleeping on their backs.

An essential part of their motor and sensory development lost in the first year.

This has led to a big rise in babies taking longer to develop these skills.

But pause a moment and ask yourself this.

Tummy Time.

Does it have to be this way?

The answer is simple. No, it doesn't.

So how do I overcome this obstacle?

Make It a Daytime Thing.

Make tummy time a daytime thing and include it in your REB triangle.

Place your baby on their stomach whilst they are awake.

Begin as soon as your baby comes home from hospital and initially aim for a few minutes, several times per day.

By the time your baby is 3 months of age, you want to be aiming for 1 hour per day.

A Habit You Will Grow to Love.

Your little one will probably hate it at first. After all, who wouldn't with their face so close to the floor!?

Your heart will melt as your baby turns on those tears. So much so, you might feel like avoiding it altogether.

You've just got to stick with it.

Tummy time is a habit you will both grow to love.

Hitting That Sweet Spot.

Ideally you want to encourage tummy time after your baby wakes up from a nap.

And not immediately after they have been fed.

You want to hit that sweet spot and catch them at their happiest!

Remember. Eat. Sleep. Tummy. Repeat.

Watching Your Baby Blossom.

Okay, I get that I should do some tummy time with my baby, but why is it important again?

It is essential if your baby is to avoid delayed motor and sensory development.

Motor development helps coordination of your baby's trunk, arms, legs and hands.

Sensory development helps your baby to recognise and associate the environment around them through sight, sounds, smell, taste and hearing.

Eventually all these elements come together helping your baby to roll, sit, crawl, stand and walk.

Breaking Down the Barriers.

To begin with you want to break that ice. Gradually encourage your baby into tummy time.

Tummy to tummy, Tummy down carry, and lap soothe positions can all help your baby to become more comfortable on the floor.

But sometimes this just doesn't seem to work.

Making It Fun.

Your BABYGO® birthing ball can make tummy time easier, more fun and help to encourage your baby to break down boundaries on the floor!

Baby yoga classes are a popular option too. They have some additional benefits and are a great addition to your REB triangle.

And what's more, it ticks all three sides of the REB triangle in one swoop!

Make sure your baby's head is evenly turned to both the left and right sides during all activities on your BABYGO birthing ball.



BABYGO® BB Tummy Time Incline.

The best place to start.

Make sure you have a good grip of your baby and gently place them tummy-down on top of your BABYGO® birthing ball.

Angle your baby at a slight incline.

This position is more comfortable for a baby who is just beginning tummy time.

To your baby, it feels like being held up against your shoulder.

BABYGO® BB Tummy Time Straight Line.

When your baby becomes more familiar with being on their tummy from an incline position, introduce a straight line.

This is a more challenging position for them.

Again make sure you keep a good grip on your baby.

BABYGO® BB Tummy Time Back and Forward Roll (Behind)

Is your baby comfortable with the straight line position?

If so, you can begin to slowly roll them backwards and forwards on your BABYGO® birthing ball.

Position yourself behind your baby.

Make sure you maintain a good grip and keep a check that your baby is comfortable with the speed you are moving at.

BABYGO® BB Tummy Time Back and Forward Roll (Front On)

Once your baby becomes stronger, try the back and forward roll in front of your ball.

This position is a great way to bond and to make things even more interactive and fun.

Make eye contact, pull funny faces, stick out your tongue and sing away!

BABYGO® BB Tummy Time Side to Side Roll.

Changing up direction provides a new sensation to your baby's vestibular system.

The vestibular system is responsible for sensing movement and developing balance.

This simple shift in movement will give your baby a sense of where they are.

They will need to think how they can resist against the ball's surface and maintain their balance as they are gently rocked from side to side.

The Lowdown on Baby Yoga.

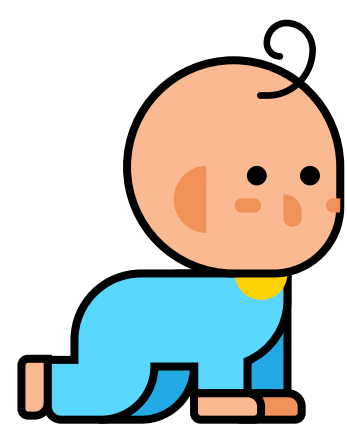
Wandering what baby yoga is?

Here’s your lowdown. First things first. There is no requirement to be a yoga guru. We can all do it!

Unlike traditional yoga, baby yoga is a little different. Classes are designed for babies around six to eight weeks, up until they turn one years old.

Poses and movements are super targeted and are extremely fun for both mum and baby.

10 Reasons Why We Love Baby Yoga.



Tummy Time



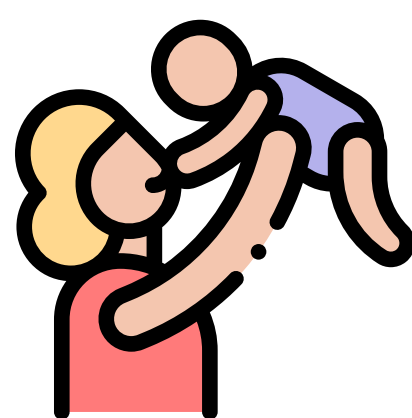
Progresses motor and sensory development



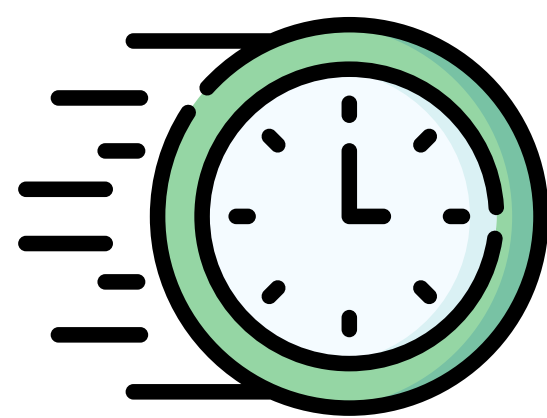
Physical TLC for mum



Meet new mums and babies



Mum and baby bonding



Classes are short



Chat, smile and sing



Helps the baby’s digestive system



Fun and easy



Help mum and baby sleep better

Tummy Timeline.

Track your baby's progress and look out for these milestones along the way.

1 Month

- Your baby turns their head.
- Attempts to lift head up, before putting their head down again.

2 Month

- Spends at least one minute in without becoming upset.
- Baby may tilt their head to one side. Watch to make sure they tilt both ways and do not favour one side.

3 Month

- Begins to put weight on arms, but elbows are behind their shoulders (at a 45-degree angle).
- Gains head control and is able to lift head between 45 to 90 degrees, without tilting head to either side.
- Spends an accumulative total of 1 hour each day in Tummy Time.
- Starts to visually track toys you move around during Tummy Time.

4 Month

- Lifts head up 90 degrees. Should be able to keep their head centered.
- Pushes up on forearms and brings chest off floor. Elbows will be under their shoulders (at a 90 degree angle) or in front of shoulders.
- Lifts head and moves neck to track toys, voices, and faces during Tummy Time.

5 Month

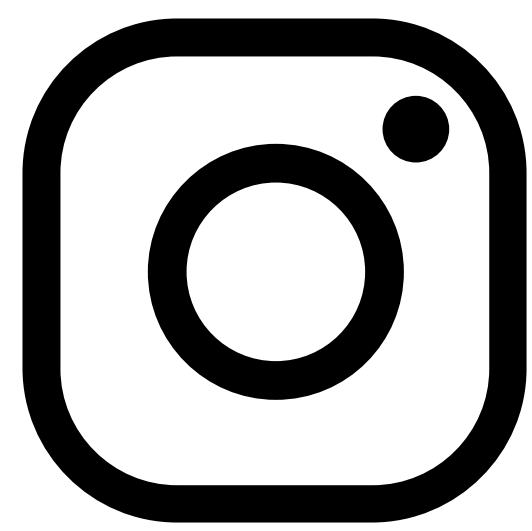
- Begins to push up on hands with straight elbows.
- May start moving hands forward to reach for toys that are placed nearby.

6+ Month

- Tummy Time becomes more directed by baby.
- Reaches and grabs toys of different sizes while on tummy.
- Can pivot in a circle while on stomach.
- Rolls from back to tummy and tummy to back.
- Begins to prefer being on their stomach. Being on their tummy allows them to play, move, and explore more easily.

Join the Community

Join thousands of babygo customers on Instagram today.



@babygo.uk

Join the
community!



**BABYGO
GIVEAWAY!**

BABYGO BIRTHING BALL

**YOUR
BABY**
Week by Week

The fully updated
bestselling
baby guide

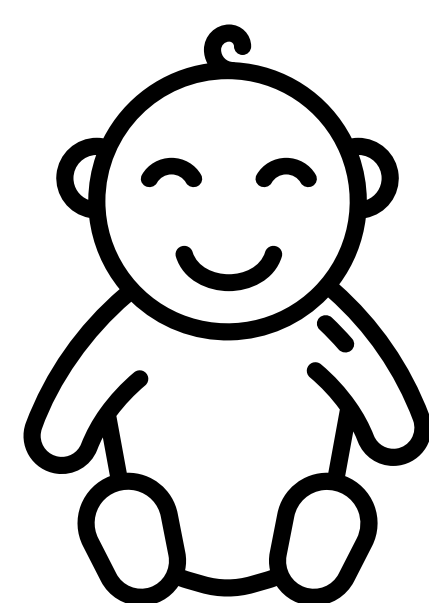
BABY DEVELOPMENT BOOK

HOW TO ENTER:

- LIKE our post
- FOLLOW us @babygo.uk
- TAG your friends below



Follow us to
win prizes!



Baby names
& inspiration

○ BABYGO BABY NAME IDEAS ○

Payton

MEANING; " FIGHTING MAN'S ESTATE "

Do you like this name?



Good Luck!

Photo By Jonathan Borba

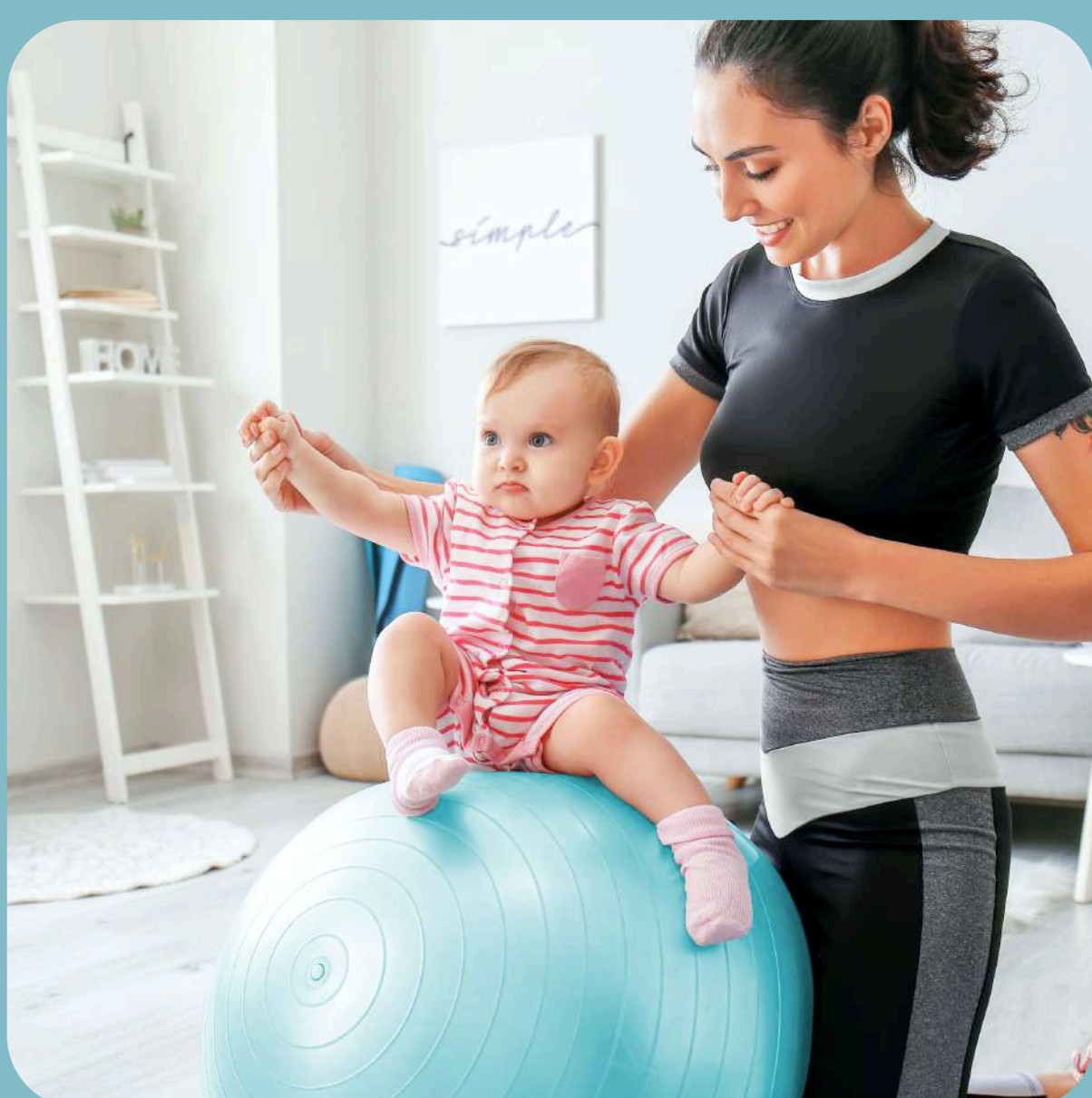


Since our story started, we are proud to have helped many new mums and baby's, achieve a healthier pregnancy, an easier birth, and the best start to postpartum life too.

All it takes is just 20 minutes.

Follow the dedicated plans in this book, and you too can benefit from the little changes that make a big difference.

The result. A happier pregnancy, a more comfortable labour, and a more relaxed postpartum too!



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