



# NOVA

## Birth Services

**Birth. Your Way.**

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We look forward to supporting you in your upcoming birth. Here are a few things to keep in mind as you prepare your mind and body:

### **Exercise**

- Tailor Sit when on the floor. You may add a rolled towel or pillow to sit on for additional support.
- Squat when picking up things as opposed to leaning forward.
- Do hands and knees at least 2x a day for 5 - 10 minutes (recommended once in the morning and once before you go to bed). You can use a balance (birth) ball or couch to rest on.
- Pelvic rocks can be added in when doing hands and knees. 40 in the morning and 80 at night.
- Kegels (50-100 x a day)
- Trying to “push your partner out” during sex
- Posture - think of your belly button as a flashlight, keep your belly button in neutral position or tilted down

### **Nutrition**

- Drink at least 64oz of water a day, adding citrus can help it absorb better
- Drink Red Raspberry leaf tea (can be found at Whole Foods or Wegmans), 2-3 cups per day
- Coconut water is a great way to replenish electrolytes
- “Labor aide” is great to drink before and during labor:
  - ¼ cup fresh squeezed lemon juice
  - 2 cups coconut water (fresh is best)
  - ¼ tsp sea salt
  - a few drops of rescue remedy
  - 1 Tbsp of liquid calcium/magnesium (if you can find a lemon flavored one- even better)
  - 2 Tbsp of raw honey

Mix all the ingredients together and store it in a cooler and sip throughout labor. You can even water it down if necessary.

- Leafy greens are an excellent source of iron, consume them often as it helps build strong tissue for mom and baby
- Protein is essential in reducing tearing. Aim to get 80-100g per day (eggs, nuts, beans, greek yogurt, cottage cheese and meats are great sources)
- If needed, eating 5-6 smaller meals a day may be easier than the normal 3 meals a day.
- Brewer’s Diet is great to follow for a healthy pregnancy:  
<http://drbrewerpregnancydiet.com/>