

Shake , Rattle and Roll!



Gently “shake” mom while she is on her **LEFT** side in the “runners position” for 3 contractions.

After the **3** contractions, mom **FLIPS** to her **RIGHT** side “runners position” as **quickly** as she can.



No one else moves her, **SHE** is the one doing all the movement. Others can help with the repositioning of the pillows.

RELAX with gentle shaking for **3** more contractions.



Turn to **HANDS and KNEES**, again as **quickly** as **SHE** can move. Knees should be shoulder width apart or a little wider. Gently and slowly move your pelvis all around for **3** more contractions.



Now **HEAD DOWN** and hips as high she can get them for **3** last contractions. Mom can place knees on several pillows or even drop the foot of the bed and have head and shoulders on the lowered foot of the bed with hips on the higher portion of the bed.

Now it's **RESTING** time on **LEFT** side, well supported with pillows.

