



I'm not a robot

































How can my partner support me during my labour? Which Laboring Positions : Partner Edition! Get that oxytocin flowing by connecting with your partner with these partner-based laboringÂ ... Hey everybody, Dr. Kelly here from Hands on Health! This is a quick and easy I want to share some basic do's and don'ts for Want to start natural labour! DO These 6 Exercises to Engage Your Baby's Head into the Pelvis. Struggling with leaks when you sneeze, laugh, or lift? Or simply want to prepare your body for labor and faster postpartumÂ ... I started perineal stretching at 35 weeks with both my It's incredible how much better your Hello, in this video I will be demonstrating some Three ways to use a peanut ball when in labor and delivery