ACTIVATE YOUR INSTINCTS™

More than Prenatal Fitness –
Birth Readiness™

YOU are Primal, Powerful and Wise.

Discover the keys to activating your birth instincts for a shorter, easier birth.

preconception • prenatal • postpartum • babies welcome

Weekly Class:

dancing for birth.com™

Dancing For Birth™ is the leading global class for pregnant and new mothers. It's the "trifecta" of birth preparation: feel-good pre/post natal fitness, essential birth and mothering education, and celebration, all rolled into a weekly class that supports you from preconception to postpartum. Dancing For Birth™ was created by USA's National Birth Hero, Stephanie Larson.

Find a class today and learn simple moves for safer, easier birth

99% of Dancing For Birth™ participants report increased confidence about birth and parenting.[xviii]

For Your Baby

Recreational exercise decreases the chances of both premature labor and the birth of a very small baby.[ii]

Maternal exercise throughout gestation improves fetal heart health.[iii]

Upright positions and mobility during birth significantly lowered admissions to neonatal intensive care.[iv]

All aspects of growth and development after birth in babies from exercising mothers are equal to or better than those of babies from non-exercising mothers.[v]

At five years old, children whose mothers exercised during pregnancy scored much higher on tests of general intelligence and oral language skills.[vi]

Baby is 54% less likely to become distressed during labor/birth if mother is in an upright position.[vii]

For Your Health

Exercise helps prevent Gestational Diabetes Mellitus (GDM), the most common medical complication of pregnancy.[xi]

Engagement in structured dance for 12 weeks decreases depression levels.[xii]

Dance promotes the release of endorphins known to decrease stress and alleviate pain.[xiii]

Dance reduces muscle tension and promotes relaxation.[xiv]

Dance improves communication and physical coordination.[xv]

Women who participated in a 12 month, 3 hour per week dance class had no evidence of expected bone loss, and those who had osteoporosis experienced increased bone density.[xvi]

For Your Birth

99% of women who were upright and mobile during birth said they would make the same choice again.[viii]

Healthy pregnant women are advised to get at least 2 ½ hours of aerobic exercise every week.[i]

Being upright during labor and birth can increase the available space within the mother's pelvis by up to 30%.[ix]

Being upright and mobile during birth results in:[x]

- Shorter Labors (by more than an hour)
- 20% Fewer Epidurals
- 21% Fewer Episiotomies
- 23% Fewer Assisted deliveries (forceps, vacuum)
- 30% Fewer Cesareans

Women who use movement in labor report that it is an effective method of relieving pain.[xvii]

Sources

i   Us Department of Health and Human Services
ii   Exercising Through Your Pregnancy, by Klapp III
iii   Aerobic exercise during pregnancy influences fetal cardiac, by May LE et al
iv   Maternal Positions and Mobility During First Stage Labour, by Lawrence et al
v   Exercising Through Your Pregnancy, by Klapp III
vi   Exercising Through Your Pregnancy, by Klapp III
vii   Cochrane Database Syst Rev 2012, Position in the second stage of labor for women without epidural anaesthesia, by Gupta JK
viii   Cochrane Database Syst Rev. 2013 Oct 9;10:CD003934. doi: 10.1002/14651858.CD003934.pub4. Maternal positions and mobility during first stage labour. Lawrence et al
ix   Cochrane Database Syst Rev 2012, Position in the second stage of labor for women without epidural anaesthesia, by Gupta JK
x   Cochrane Database Syst Rev. 2013 Oct 9;10:CD003934. doi: 10.1002/14651858.CD003934.pub4. Maternal positions and mobility during first stage labour. Lawrence et al
xi   The Role of Exercise in Reducing the Risks of Gestational Diabetes Mellitus, by Sarah A Hopkins, Raul Artal
xii   Randomized clinical controlled trial by Akandere and Demire (2011)
xiii   Randomized clinical controlled trial by Akandere and Demire (2011)
xiv   Blasing et al (2012)
xv   Krampe (2013)
xvi   Kudlacek et al
xvii   Storton, S (2007). *The Coalition for Improving Maternity Services: Evidence basis for the ten steps of mother-friendly care. 16(Suppl.1),* 25s-27s.
xviii   Dancing For Birth™ Participant Survey, 2015

dancing for birth.com ™