

An Overview of the 3 Steps

Bring the many details of figuring out your baby's position into three simple steps. Taking things step-by-step makes something potentially complex into a fun experience for you - and your baby. Baby gets a cuddle while you explore!

Step 1: Map Your Belly

Step 2: Visualize Your Baby

Step 3: Name Baby's Position



Going one step at a time is easier than everything all at once. When feeling your belly, you feel parts of your baby and yourself. That's a lot. Try one area at a time.

We draw the abdomen in quadrants as a simpler way to note where we find baby's parts. A fifth, round area at the bottom, is just to see if hands are there.

In Step 1, you'll mark the areas where there's baby action.

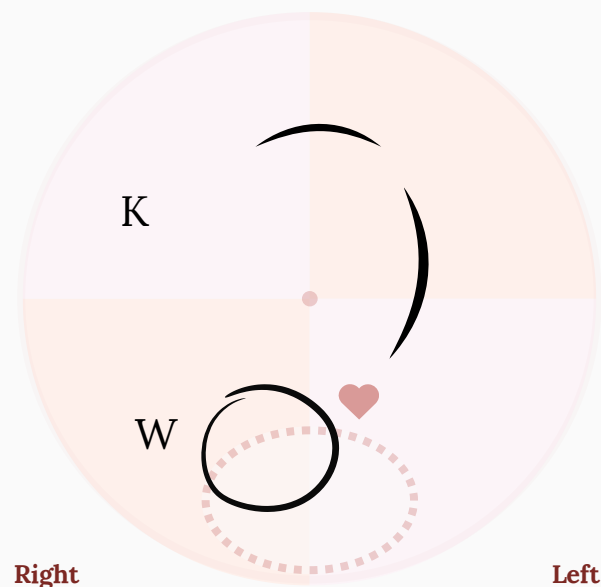
In Step 2, you'll link them back together again to get a sense of how your baby's body is inside your womb.

Some readers are interested only in these first two steps.

Step 3 can reveal the fetal position name. Empower your name-knowledge to use our materials for guiding you through labor and speak birth talk with your midwife or doctor.

No one will have to ask, "Why didn't anybody know!?"

You can find clues for filling out your map described in the Step 1 Chapter. Read *How Baby's Position Affects Labor* on page 69.



In Step 1 the map of baby's position shows how to hold the doll in Step 2, & is given the position name in Step 3.