

# 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.

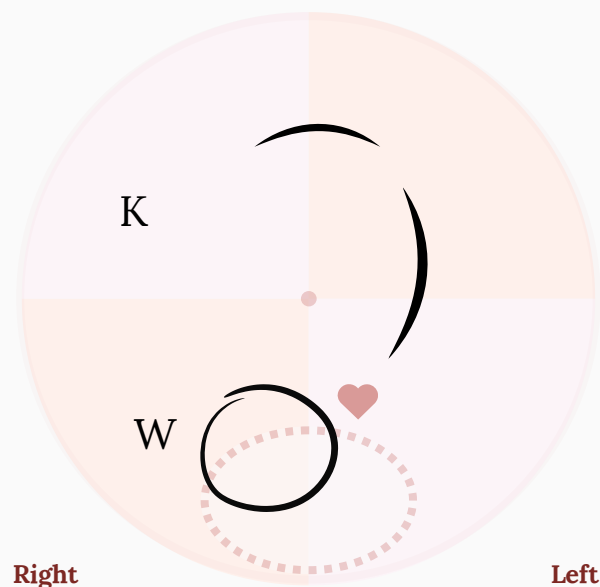
In Step 2, you'll link them back together again to get a sense of how your baby's body is inside your womb.

*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.

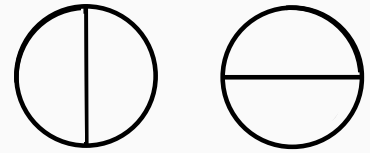


In Step 1 the map of baby's position shows how to hold the doll in Step 2, & is given the position name in Step 3.

# Before You Draw a Map, Give Easy Answers



Date \_\_\_\_/\_\_\_\_/\_\_\_\_



Today, I feel baby's small parts Y ☐ N ☐.

I feel baby's small parts on my left ☐, right ☐, or both sides ☐.

I feel them above ☐, below ☐, or both above and below my "navel line" ☐.

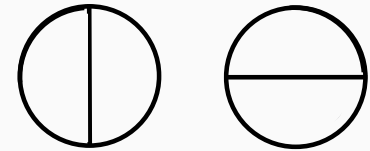
Today, the biggest kicks are higher than the smaller flutters Y ☐ N ☐.

I feel sure I felt the baby's back on the \_\_\_\_\_ side or front.  
\_\_\_Left, \_\_\_Right, \_\_\_Front, \_\_\_Not sure or not found on this date ☐.

I found the bulge at the side marked or center:  
Left ☐, Right ☐, Center, above the navel ☐.

I know my baby's head is up ☐, down ☐, to the side ☐.

Date \_\_\_\_/\_\_\_\_/\_\_\_\_



Today, I feel baby's small parts Y ☐ N ☐.

I feel baby's small parts on my left ☐, right ☐, or both sides ☐.

I feel them above ☐, below ☐, or both above and below my "navel line" ☐.

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I feel sure I felt the baby's back on the \_\_\_\_\_ side or front.  
\_\_\_Left, \_\_\_Right, \_\_\_Front, \_\_\_Not sure or not found on this date ☐.

I found the bulge at the side marked or center:  
Left ☐, Right ☐, Center, above the navel ☐.

I know my baby's head is up ☐, down ☐, to the side ☐.

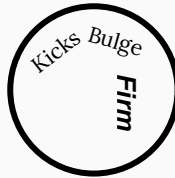


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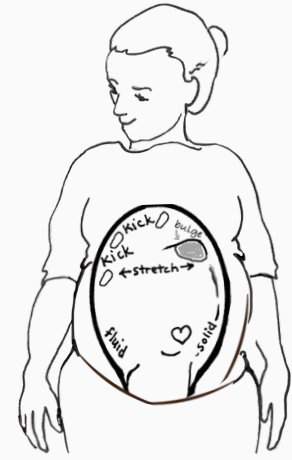


# Sensation Maps for The Belly Mapping® Method

Baby's  
Position  
is OA\*

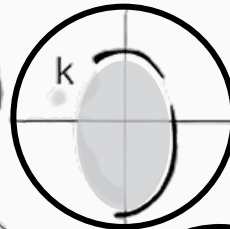
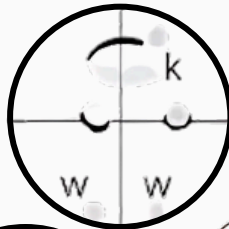


Baby's  
Position  
is ROP\*



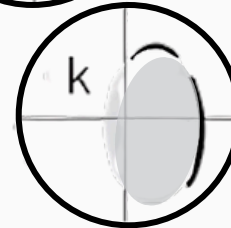
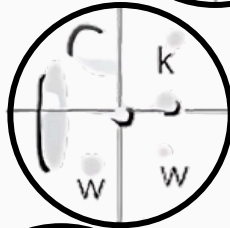
Which of these two baby positions (above) does Katie feel?

Occiput  
Posterior (OP)



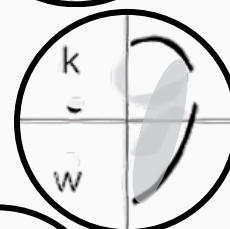
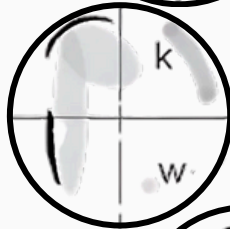
Occiput  
Anterior (OA)

Right Occiput  
Posterior (ROP)



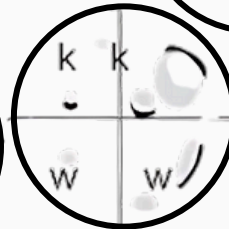
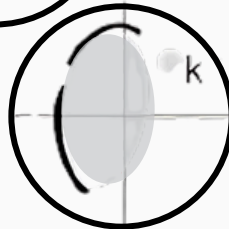
Left Occiput  
Anterior (LOA)

Right Occiput  
Transverse (ROT)



Left Occiput  
Transverse (LOT)

Right Occiput  
Anterior (ROA)



Left Occiput  
Posterior (LOP)

Transverse Lie

Using the quadrant system, you can map sensations and figure out the position.



# The Belly Mapping<sup>®</sup> Method Template

Position Name

1. \_\_\_\_\_ 2. \_\_\_\_\_ 3. \_\_\_\_\_

Date \_\_\_\_/\_\_\_\_/\_\_\_\_

**Here is what I  
feel in my  
upper right side**

**Here is what I  
feel in my  
upper left side**

Your navel may  
be higher or  
lower than the  
center. This  
depends on the  
size of your  
uterus.

**Here is what I  
feel in my lower  
right side**

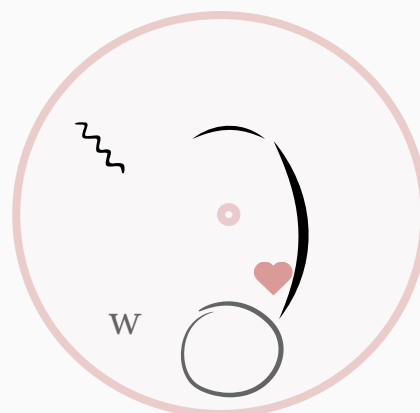
**Here is what I  
feel in my  
lower left side**

Make lines to show the parts of your baby  
that you can feel. The left side of your belly  
appears on the right side of your paper.

## Step One: Map the Kicks and Wiggles

- 1. Draw a line for the firm, smooth back.
- 2. A curve for the bulge at the top.
- 3. A zigzag or letter “K” for a kick.
- W 4. A “w” for a wiggle (a softer “kick” area).
- ♥ 5. Place a heart in the area where you or  
your caregiver hears the baby's heartbeat.
- 6. Make a circle for the baby's head.

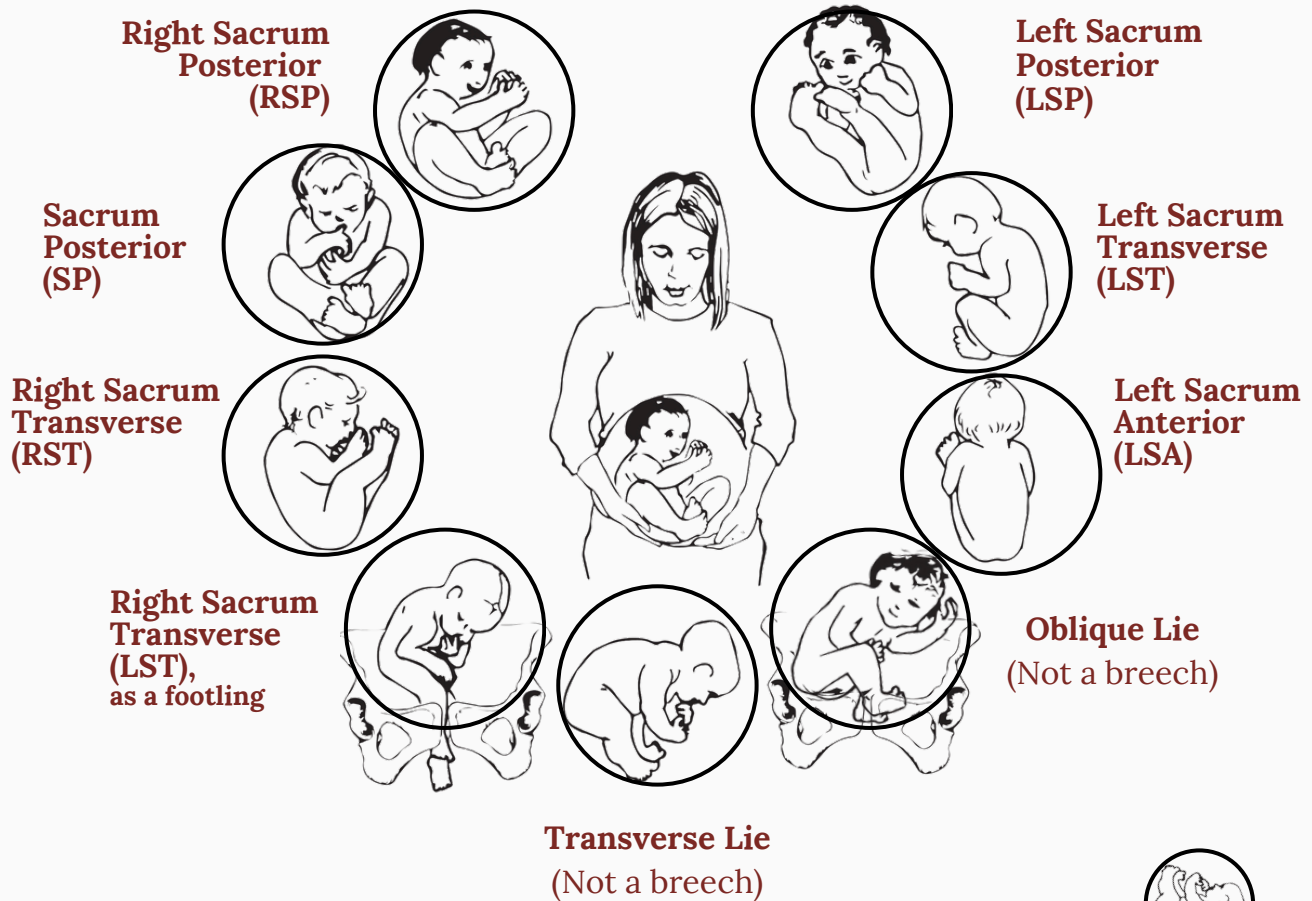
Your caregiver can help you find the head.



A sample map. The large line on  
the left marks baby's back (we see  
it on our right). The kicks are in  
the upper right. A “W” shows  
where the hand wiggles. There is  
a light gray, curved line for the  
head that was felt deep in the  
abdomen with the midwife's help.

# The Breech Compass Rose

by Midwife Gail Tully



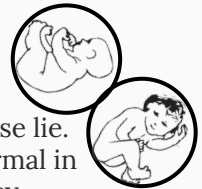
## A Posterior Breech

The Sacrum Posterior baby looks forward. The pelvic floor turns most babies in this start position to ST; a provider needs to turn any still posterior near the end, before the arms are out.



## Transverse or Oblique Lie

A baby lying sideways is in a transverse lie. A baby in the diagonal is oblique. Normal in early pregnancy, not in late pregnancy. These are sometimes called mistakenly called breech.



## Right-sided Breechlings

Right obliquity of the uterus makes the right side of the uterus steeper. That straightens the spine of the baby on the right side, which is helpful for a breech baby. Labor is more likely to be fast with fewer stuck breeches. However, any breech baby can get stuck, so have a very well trained breech provider for a planned vaginal breech birth.



## Left-sided Breechlings

When a baby's back comes down from the left side, babies backs curl against the rounder side of the uterus. Uterine contractions may aim this breech baby into the right hip so engagement into the pelvis may take a long while. sometimes an arm is raised in the left-to-right rotation and a trained provider would need to help release the baby.



Breech babies turn easier with anatomical space. Create space with body balancing. Breech birth can be safe with a well trained provider. Breech birth safety is individual to each birth; baby, parent, and provider.

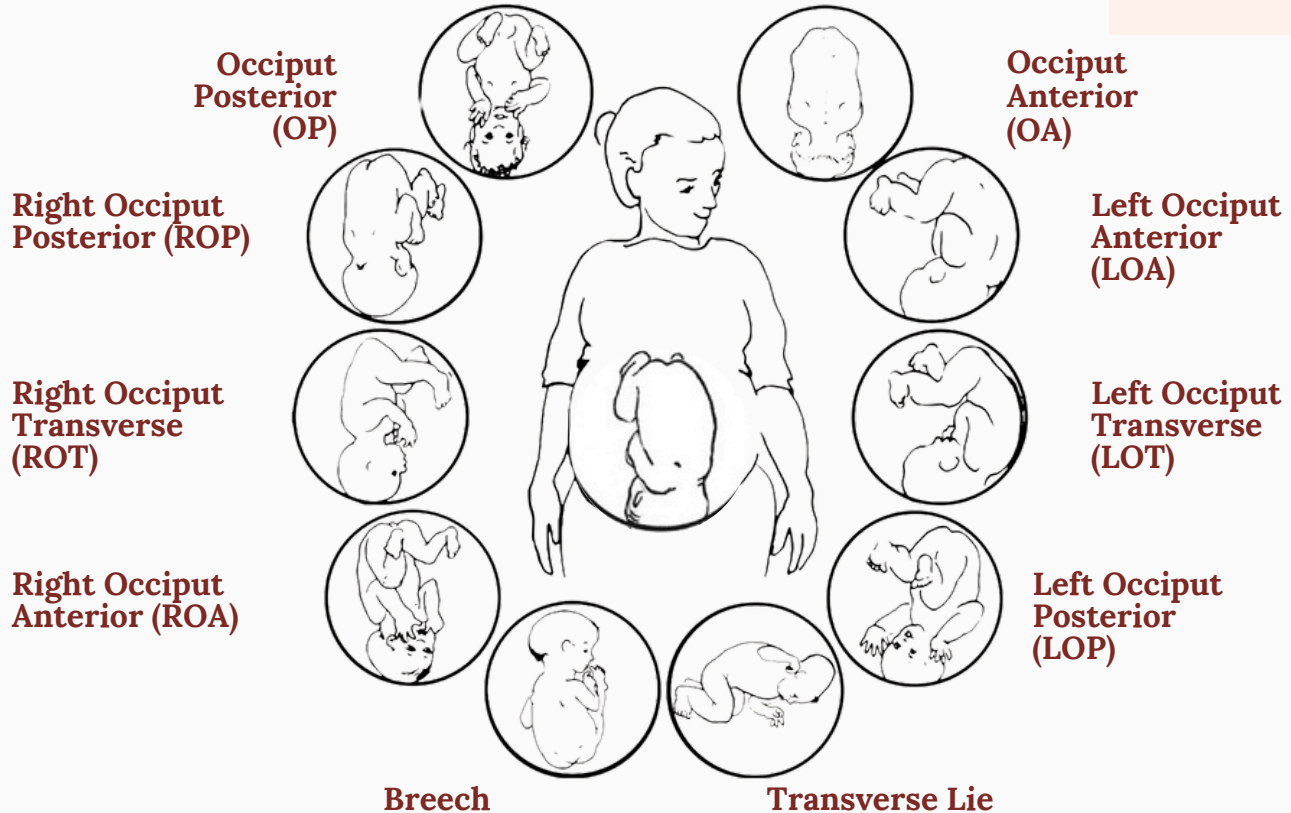


# The Fetal Compass Rose

by Midwife Gail Tully



Right obliquity of the womb makes the right side steep and the left side rounder.



## Breech Lie

Baby is breech when the hips will be born first. Cesarean surgery is often recommended. There can be several reasons why a baby is breech.



## Posterior and ROA

Right obliquity of the uterus makes the right side of the uterus steeper. That straightens the spine of the baby on the right side and lifts baby's chin aiming the top of baby's head into the pelvis. This lack of flexion may delay engagement, slow descent, and make pushing longer. Specific techniques to help baby rotate avoid a cesarean.

## Transverse Lie

A baby lying sideways is in a transverse lie. Normal in early pregnancy, but baby can not be born like this. SpinningBabies.com has a solution.



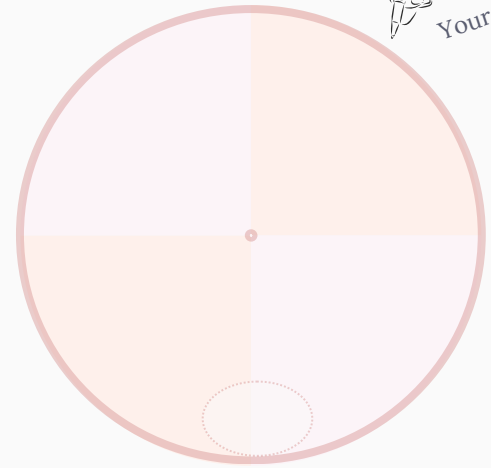
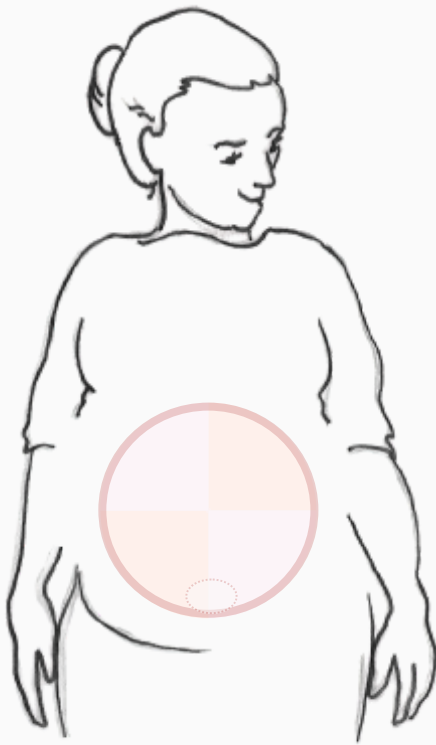
## Anterior and LOP

When a baby's back comes down from the left side, babies backs curl against the rounder side of the uterus. Curling the spine will tuck the chin, which aims the crown into the pelvis so they can turn and descend well during labor. Labor contractions proceed in a dependable rhythm. A tucked chin allows head molding for easier pushing.

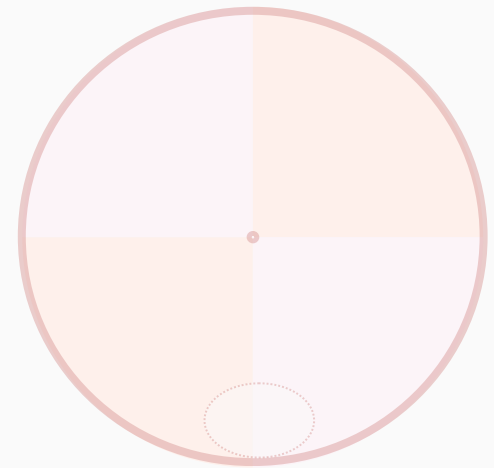


# Tracking Baby's Position Changes

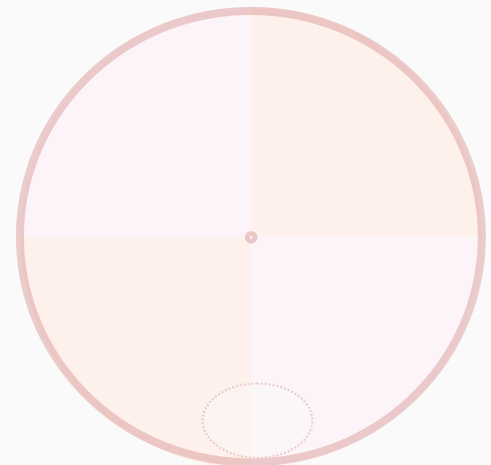
Compare your maps over time on this page. Taking time to make a series of maps can be a great help in **Step 2** (see page 37). The dates of your maps track position changes over time. Baby's position will not have changed significantly unless the back changes sides or head changes from top to bottom, for instance.



Date \_\_\_\_\_



Date \_\_\_\_\_



Date \_\_\_\_\_

## Step One: Map the Kicks and Wiggles

1. Draw a line for the firm, smooth back.
2. A curve for the bulge at the top.
3. A zigzag or letter "K" for a kick.
4. A "w" for a wiggle (a softer "kick" area).
5. Place a heart in the area where you or your caregiver hears the baby's heartbeat.
6. Make a circle for the baby's head.

Your caregiver can help you find the head.



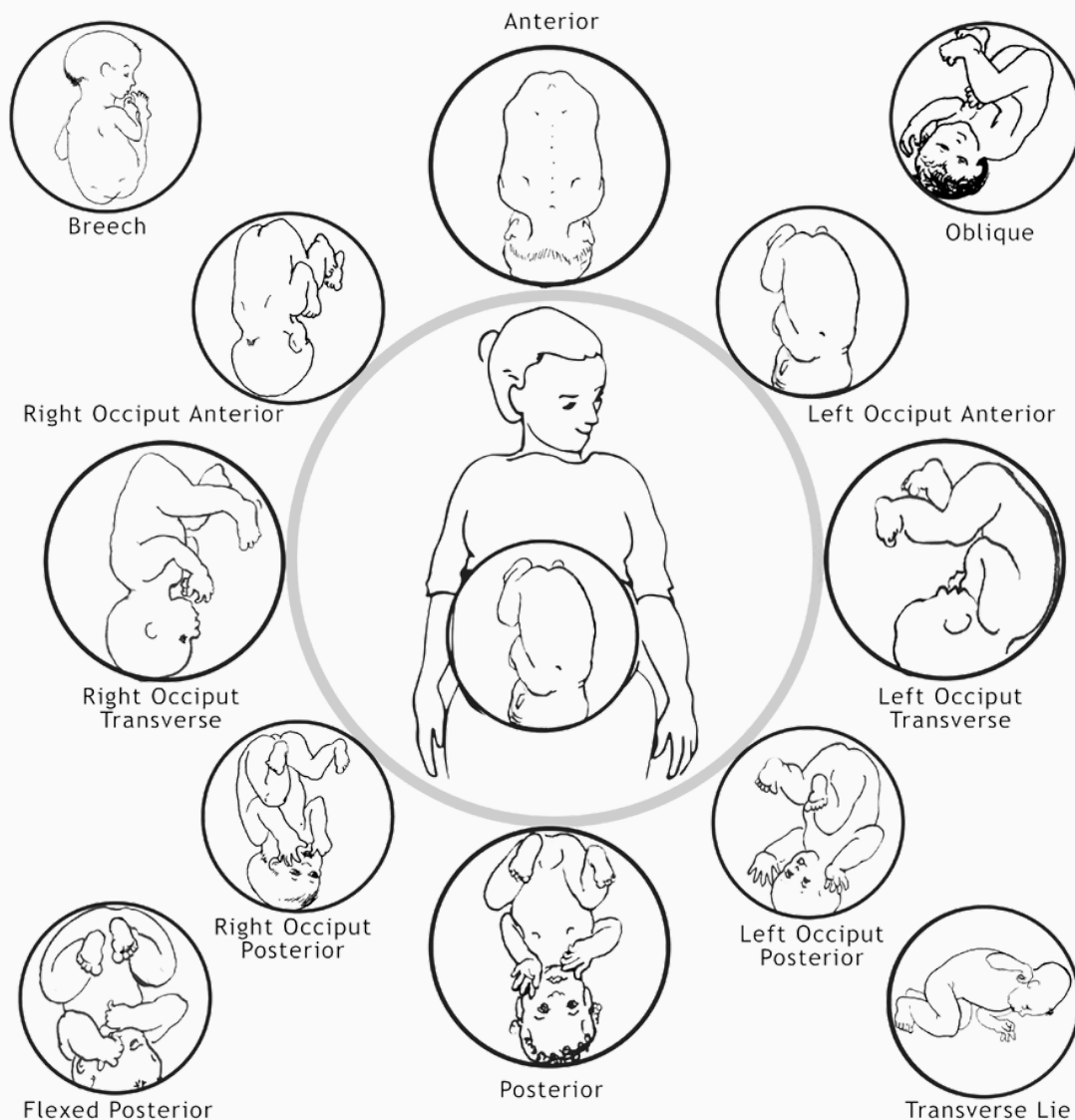
# What is Your Baby's Position?



Write your answers to all three questions on the previous pages here. The three answers reveal your baby's position.

1. \_\_\_\_\_ 2. \_\_\_\_\_ 3. \_\_\_\_\_

The first letter of each answer makes the abbreviation: \_\_\_\_\_



Is baby head up? See page 53 in The Belly Mapping® Method for a breech baby.



# Your Turn

This template is for your first try. Scan to [download](#) and print a PDF.



**These key questions are your primary guide to fill in your map.**

**1. Is one side of your baby harder, smoother?**

Draw a line marking the outline of the edge of that firm, solid part of the baby.

**2. Do you find a bulge at the top? The edge of your baby's body at the top? It may shift or slide occasionally, rising up. Where is it, now?**

Draw a curve there.

**3. Where do you feel your baby's feet?**

Put "K's" for the strongest kicks.

**4. Where do you feel your baby's hands?**

Write little "W's" on the exact location(s). Do they go near the dotted circle?

**5. Can you remember where you or your provider heard baby's heartbeat?**

Draw a little heart on that location.

**6. Do you know where your baby's head is?**

Put a circle for the baby's head. The head may be under the dotted circle.

## Try This Practice Map

Key to the Markings:

- ( 1. Draw a line for the firm, smooth back.
- 2. A curve for the bulge at the top.
- K 3. A zigzag or letter "K" for a kick.  
You may have two areas for "K's"
- W 4. A "w" for a wiggle. Are there wiggles in the dotted circle?
- ♥ 5. Add a heart, if you know where it was heard.
- 6. If you find baby's head, make a circle there.

