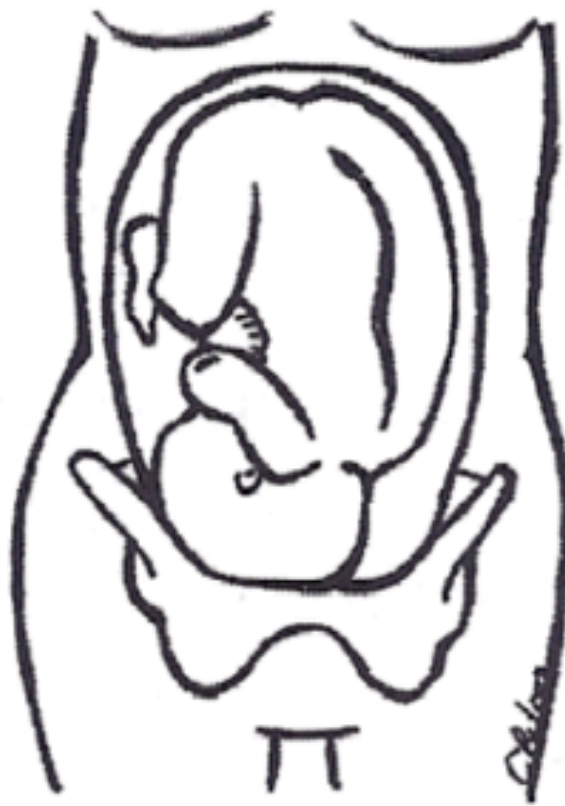


Visualise your baby's ideal position for birth



- ✓ head down
- ✓ chin tucked into chest
- ✓ arms tucked into chest or tummy
- ✓ baby's back to left side of mother's belly button