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"New Active Birth" will help you and your partner prepare for and experience an Active Birth. Naturally, throughout time and the world over, women have chosen to walk, stand, squat, lie - to move their bodies freely and actively to find the most comfortable positions for labour and birth.

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Active Birth : The New Approach to Giving Birth Naturally. Janet Balaskas led a movement of women who refused to give birth lying down. She has been teaching women about "active birth" ever since. In this updated and Americanized guide, Balaskas explains how to prepare for and experience a truly natural birth.

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An active birth is nothing new. It is simply a convenient way of describing normal labor and birth and the way that a woman behaves when she is following her own instincts and the physiological logic of her body.

Active birth : the new approach to giving birth naturally ...

Active Birth The New Approach

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Active Birth: The New Approach to Giving Birth Naturally ...

As you approach the expulsive or second stage, during which your child can be born, you will continue to use the upright positions that are most comfortable or practical. At the end, for the actual birth, you can use a natural expulsive position (probably Supported) like squatting or kneeling. An active birth is instinctive.

Active Birth: The New Approach to Giving Birth Naturally

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Active Birth : The New Approach to Giving Birth Naturally ...

The basic premise of Active Birth is that birth is usually a healthy, uncomplicated process. The best way to prepare for giving birth is to strengthen

and become comfortable with your body. There are certain movements and positions that help tremendously with birthing.

Active Birth: The New Approach to Giving Birth Naturally

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