

# Changing Birth ON Earth SM



MINI SPIN WORKBOOK

# Welcome!

Growing skills in physiological birth quickens with reflection. Here is a joyful record book for your experiences with the activities in the free video class and Chapters 4 through 9, the new B. I. R. T. H. Process, in Gail Tully's book, **Changing Birth on Earth: The Midwife and Nurse's Guide to Using Physiology to Avoid Another Unnecessary Cesarean.**

Midwives and nurses around the world have simply put a notebook near their labor ward desks, often decorating the cover with the words, Spin Book. In honor of the creative wave already in motion, I choose to also call this little record book a Mini Spin Book.

Empowering your skills in identifying issues and matching physiological activities to ease the birth process is the grand result of keeping this record book.

**We invite you to use this interactive workbook.**

When you have a labor or antenatal visit, use an activity or series of activities from the Changing Birth on Earth book and free video course.

Feel free to use this fillable pdf or print the pages to record.

**NOTE:** If you choose to type your responses directly into this workbook remember to save your work to your desktop with a file name. When you save with a file name your original spin book will be ready to add other visits.

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# B is for Balancing

**Body balancing** uses stretch and jiggle techniques to help muscles and especially the fascia restore balance. Balance releases tensions and aligns the uterus with the pelvis so the baby can slip through rotation and descent with more ease. Birth positions are more effective after balance.

Date: \_\_\_\_\_ Para: \_\_\_\_\_ Gestational age: \_\_\_\_\_

Your role: \_\_\_\_\_

What was happening before the activity/ies?

How did you or the person themselves initiate doing the activity?

What activities or techniques did you use?

What did you see happen? How did it happen?

Results:

Any lessons learned?

# *I* is for Identifying Issues

Often, we assume labor progress is a waiting game - if not a quick game of "Catch!" But we can identify the need to act far before fetal distress or the birth giver's exhaustion, not to mention our own.

Date: \_\_\_\_\_ Para: \_\_\_\_\_ Gestational age: \_\_\_\_\_

Your role: \_\_\_\_\_

What was happening in the labor that helped you identify an issue?

How would you describe the issue?

Any lessons learned?

# R is for Repositioning Our Birth Positions

Understanding how to position the upper legs (femurs) and feet as well as the spine will reduce the pressure needed for dilation and descent. After body balancing, smart birth positioning will reduce the length of labor and use of assisted birth technology and cesarean surgeries.

Date: \_\_\_\_\_ Para: \_\_\_\_\_ Gestational age: \_\_\_\_\_

Your role: \_\_\_\_\_

What was the birth position being used before your or the birthing person's own suggestion?

What was happening before the activity/ies (labor pattern, mood, vitals, people present, etc.)

Where was baby?

Station \_\_\_\_ Presentation \_\_\_\_ In flexion \_\_\_\_ or Extension? \_\_\_\_

Why did you or the person themselves initiate a change of position?

What position(s) did you use?

1.

2.

3.

What did you see happen?

Results:

Any lessons learned?

# T is for Teaching Parents - In the Birth Room

The finesse in how we present an invitation rises as our presence drops down in our body. Other times, we just don't seem to understand each other. We learn from both polarities. Here's a place to fine tune your invitation to act with the paradigm of Spinning Babies® or you can use this page to describe how you communicate informed consent and refusal to help your process become a process of embodied consent.

Date: \_\_\_\_\_ Para: \_\_\_\_\_ Gestational age: \_\_\_\_\_

Your role: \_\_\_\_\_

What was happening before your teaching interaction?

Did you see a misinformation or lack of information in the birthing person's knowledge about birth as they were experiencing it?

What need did you see?

How did you state the information?

Results:

Any lessons learned?

# H is for Healing the Art of Birth

Here is space to honor the inner growth of your birth keeper journey. The finer aspects of birth work deserve reflection. Taking the risk to be vulnerable with yourself lets your strengths grow.

Date: \_\_\_\_\_ Para: \_\_\_\_\_ Gestational age: \_\_\_\_\_

Your role: \_\_\_\_\_

What was your state of mind or nervous system? What were you feeling when this interaction with a pregnant or birthing person was occurring?

How did you ground yourself or the birthing person? Or, why couldn't/ wouldn't grounding occur?

What activities or techniques did you use?

What did you see happen? How did it happen?

Results:

Any lessons learned?

## Process

Here is a place to record a series of activities (a protocol) you used and track what happened.

Date: \_\_\_\_\_ Para: \_\_\_\_\_ Gestational age: \_\_\_\_\_

Your role: \_\_\_\_\_

What was happening before the activity/ies (labor pattern, mood, vitals, people present, etc.)

Where was baby?

Station \_\_\_\_\_ Presentation \_\_\_\_\_ In flexion \_\_\_\_\_ or Extension? \_\_\_\_\_

What series of activities or techniques did you use?

1.

2.

3.

Results: What did you see happen? How did it happen?

Any lessons learned?

## Closing Summary

Be proud of every moment you are present with each birthing person in your care. Your role is strongly shaping the future of society. Through your close interaction with this generation of birthing families you model what it is to be respected, be attuned, be curious and most especially hold the regard for the baby and birth giver.

### JOIN ME

Join me online to chat about using this approach in practice. We'll hear from many of our participants and readers and choose a few questions to dive into. Our Zoom calls will be live at two different times on Tuesday, November 17 and Tuesday, December 15 of 2020. Be sure to catch the one that fits your schedule. What we discuss will be based on the questions that come in that hour.

Come back to the private webpage for Changing Birth on Earth<sup>SM</sup> to find the registration link.

You can also take a one- or two-day, in-person **Spinning Babies<sup>®</sup> Workshop** (according to availability) and watch for our **4-day Changing Birth on Earth<sup>SM</sup> Advanced Skills Intensives**, once large gatherings are safe again. We also offer online courses on topics of interest to midwives at [www.spinningbabies.com](http://www.spinningbabies.com) and products to reinforce your birth passion at [SpinningBabies.com/shop](http://SpinningBabies.com/shop)

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