



# HOW TO KEEP YOUR PERINATAL CLIENTS SAFE

## **S**UPPORT

- Inclusive, positive demeanor
- Hug the Baby/Belly
- Balls, pillows, etc.
- Water every 15 min.

## **A**WARENESS

- Transitions.
- Whole-Body -long spine, energy through feet and hands.
- Movements small and close to the midline.

## **F**EELING

- Good; enjoyable
- Moderate level of exertion (no straining)
- Cue a smile once in a while :-)

## **E**XHALE

- Through movement
- Through transitions
- Manage intra-abdominal pressure.