

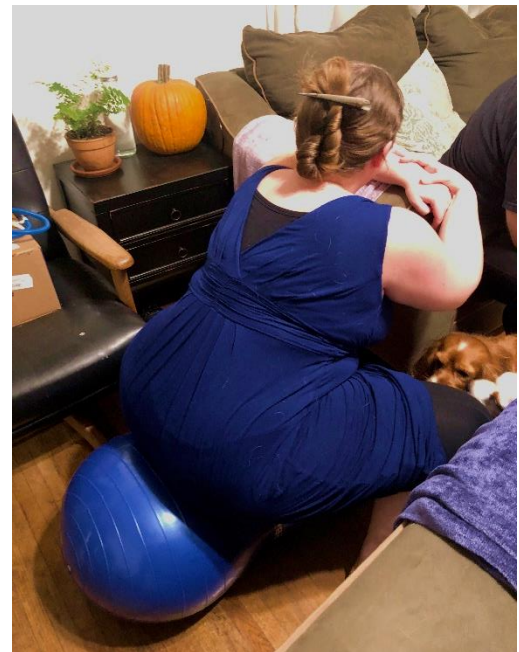
Using a Peanut Ball for Birth

The peanut ball is a unique, noninvasive tool for labor used to:

- Increase comfort
- Open the hips wide
- Shorten the overall length of labor
- Conserve energy
- Help baby move down
- Increase satisfaction levels



Open the hips in reclined or relaxed positions



Take a forward-leaning rest while the ball holds you



Nap or rest with the ball between the legs

Safety Matters: Size for Your Body

HEIGHT	SIZE OF PEANUT BALL
Under 5'3"	40cm
5'3" To 5'6"	50cm
5'7" Or Taller, Or Plus Size/Curvy Bodies	60cm
For Straddling Only	70cm



Stay upright with the ball in bed, against a couch, or on a chair



Push with the peanut ball to make side-lying pushing more effective



Alternate splitting your leg levels to stretch and extend



For more info or to purchase, check out PremierBirthTools.com