

TOLAC Recommendations

Here are some tried and true recommendations to help make sure you are prepared for a successful trial of labor. Many of our providers have had VBACs and swear by many of these methods.

- Seek a 'fear release' mediator if you are struggling with your previous birth experience
- See a Webster certified chiropractor as early as the second trimester
- Practice pregnancy yoga or Pilates
- Take a method specific childbirth course (Bradley, Hypnobabies, Hypnobirthing, Lamaze, etc)
- Daily squats to help open the pelvis
- Only gain the recommended amount of weight during your pregnancy
- Hire an experienced doula
- Go to www.spinningbabies.com to find exercises for baby's position
- Start acupuncture/acupressure at 37 weeks
- Avoid non-medical induction before 41 weeks
- Trust your body and your providers