



Rebozo Positions Guide

by Gena Kirby



MAKE THE
PARTNER DO IT.
Bringing the
laboring woman
and her birth
team closer
using the rebozo.

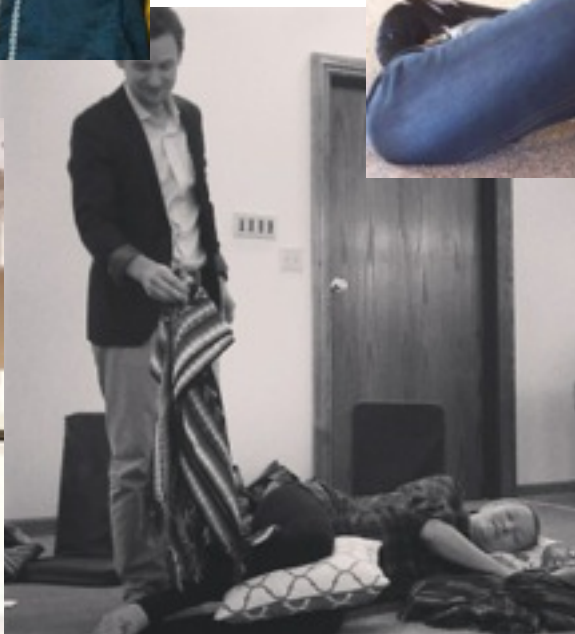
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1.

- ▶ Using the rebozo as a tent helps your clients focus on each other and blocks out distractions. This can be used in early labor and any time in labor when they need to block out the world.



2.



If there is a willing partner/dad, don't leave them out
It's important dad knows what this feels like. Share all techniques with dad that he is comfortable with.

Beginning the CAR WASH:

Start from head to toe. You can bounce or drag or jerk the rebozo. Ask the woman to be aware of her body where she is being touched (A LA Penny Simpkin's ROVING BODY CHECK)

This motion over her body should be repeated until she appears relaxed. Once she does, cover her with the rebozo and offer her a long stroke massage (ask what kind of touch she prefers).

Encourage the partner to do this many times a week during the pregnancy. The car wash can be used ANY time in pregnancy and birth when the woman needs to relax.



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What the Rebozo Class Is NOT:

This class is not about just teaching techniques. This class is about sharing knowledge about using this ancient technology to provide strength, comfort and relaxation to the laboring woman and her partner.

This class is not about positioning babies. Mothers' bodies and their babies KNOW how to be born. When they are relaxed and safe, this primal knowledge comes easily. The rebozo is there to provide the safety and support necessary to allow for this innate knowledge to show itself.

Our students don't try to move a baby. Rather they know how to get mom relaxed enough to allow for the babe in Delta to find his or her own way in their own time.



Hint: For traction take ALL of the rebozo in your hands and pull TOWARDS you not up.

Reminder: If you are trying to illicit conversation from tyour client during the car wash, sitting/standing/behind her may help more as eye contact can be



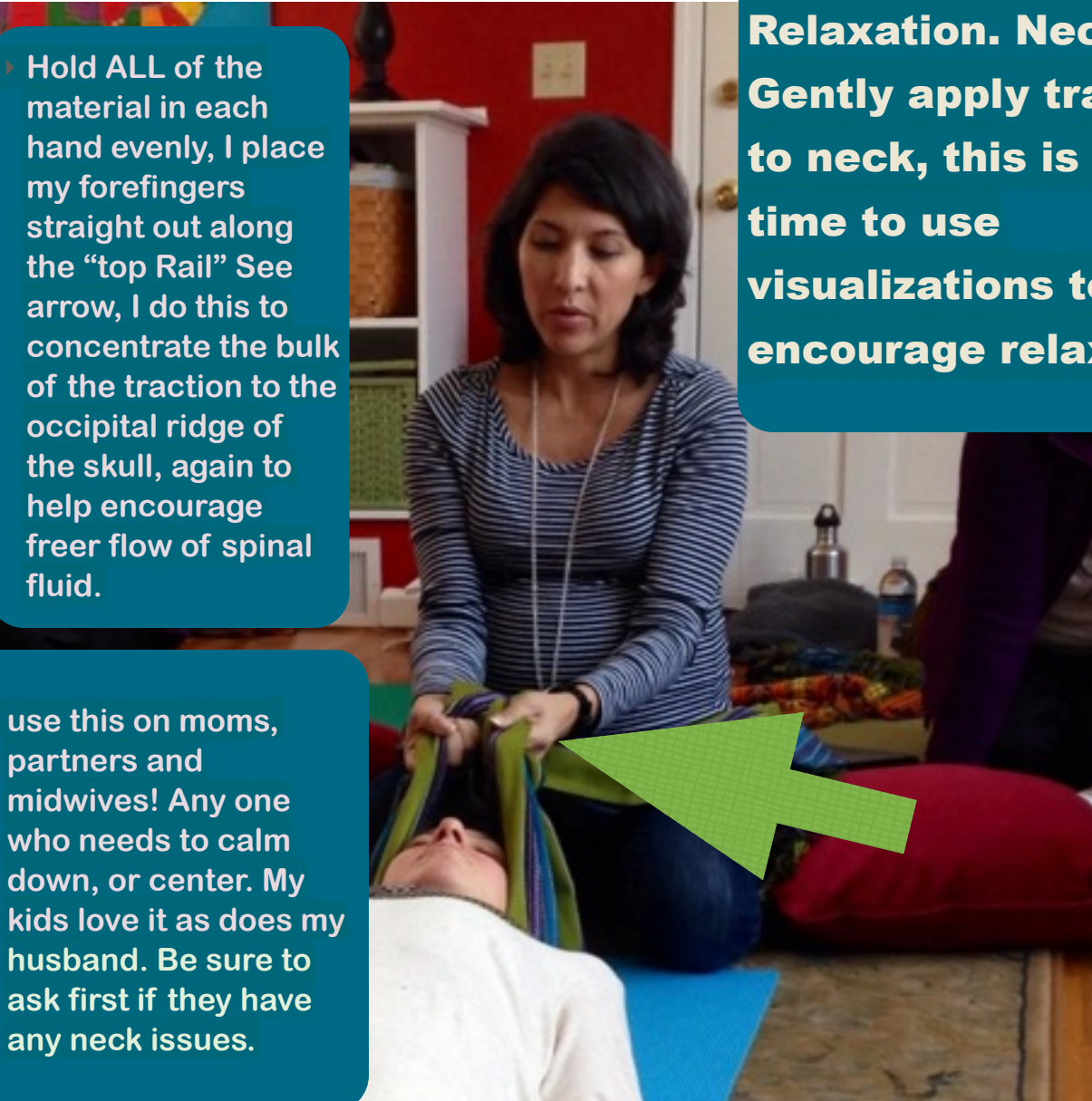
3.



► You can also cover your client's eyes after some traction and do visualizations or say nothing and encourage your client to breathe deeply or play music etc...

► Hold ALL of the material in each hand evenly, I place my forefingers straight out along the “top Rail” See arrow, I do this to concentrate the bulk of the traction to the occipital ridge of the skull, again to help encourage freer flow of spinal fluid.

► use this on moms, partners and midwives! Any one who needs to calm down, or center. My kids love it as does my husband. Be sure to ask first if they have any neck issues.



Relaxation. Neck Pull.
Gently apply traction to neck, this is a good time to use visualizations to encourage relaxation.



► PLEASE remember INTENTION is everything. Let your intention lead the way. Relaxation is a HUGE part of birth. If mama is relaxed so much can fall into place.

► The Neck Pull can be done squatting, sitting or standing as long as the traction is steady and the head doesn't leave the ground.

Be aware of your body mechanics. Keep your knees slightly bent, back straight and pull towards you and not up.



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- The rebozo is an extension of your arms. Ever wish you could envelope your client and just hug her to help her feel grounded? Use the rebozo as an extension of your care and your arms. Gently pull down on her shoulders and back with the rebozo and use eye contact to help her focus. IF possible have the partner do it. His/her eyes will work better than yours to illicit the proper hormones to help baby to come down.

The BLIND FOLD TECHNIQUE.

This helps to calm your client by minimizing visual stimuli and can dampen sounds. Use visualizations or listen to music. Massage the occipital ridge with your thumb and forefinger in circular motions. This encourages the freer flow of spinal fluid, releasing tension.



BLIND FOLD RELAXATION TECHNIQUE

This is an alternative to the blind fold. You can cover mom's eyes without making her feel helpless. She can still see but is more in "control" than when she is 'blind' folded. Always be sure to bring this up before labor. Make this a part of your prenats.

- The partner has a much better chance of grasping how this might work in pregnancy and labor if it is done to him.

insta place app



- Be sure to have a hand on their forehead, it allows her to completely relax instead of worrying about the weight of her own head. This works on ANYONE who needs to relax!

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6.

HIP
SQUEEZE

- ▶ The rebozo can be used to help the pregnant or laboring mama to feel comfort. She can do this to herself or someone can help her make it tighter. This can be used in place of the HANDS-ON hip squeeze. This is nice as the partner can have difficulty getting the hip squeeze just right. NOTE: If mama needs LOTS of this it may signal that she needs to be more mobile. Counter pressure can be another signal. Remember, discomfort is there to tell mama what to do. The LESS we do the better off she is.

- ▶ In the picture above I have inserted a spoon into the knot to allow for more torque which makes tightening the rebozo far easier on you and your wrists. SMARTER NOT HARDER

NEVER
AGAIN!!!

- ▶ AW YEAH BABY!
THAT FEELS GOOD!
Moms know what feels best and counter pressure using her own weight is usually the most pleasing to her.

- ▶ Take two physical therapy balls (or tennis balls) and tuck them into the rebozo wherever mom is hurting. She can lean up against the nearest wall and use her own weight to bring herself comfort. She can also place the balls and rebozo under her bottom and sit on them on the ground or a bench or chair for the same effect on ischial spine area.

You can also use the
Rebozo to hold an ice
pack or heat pack

7 & 8

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Penny Simpkin and SPINNING BABIES call this the abdominal lift they do this method with the mother lifting her belly with her hands. I like using the rebozo as you can get more even pressure and mom doesn't have to work AS hard.

9.

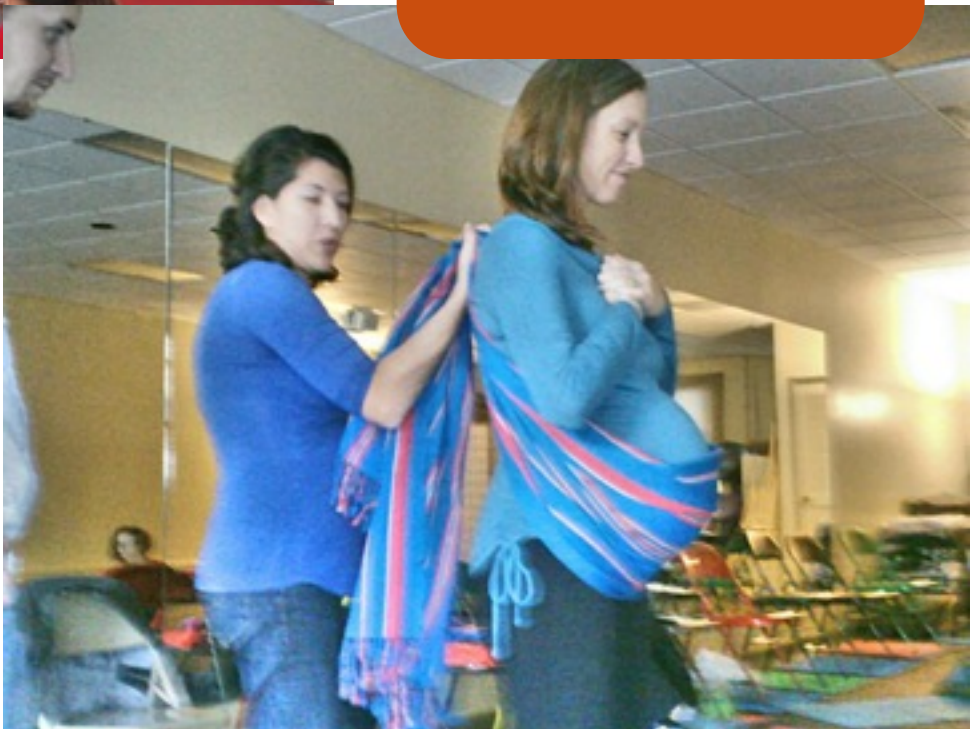
HOWEVER, some moms prefer doing it themselves. Offer both options to your clients. IF there is a partner have the partner stand CLOSE to the mom and let mom lift her own belly. Just the proximity alone will help the mother produce the hormones necessary to bring baby down.



► Here is what the belly lift looks like from behind.

The BELLY LIFT Mom can bring herself comfort or dad can help her. This is for mom and partner to do . I do not do this. MOM knows what feels best & can tell partner what's up

BEAR in MIND that JUST BEING NEAR A WOMAN IN LABOR IS AN INTERVENTION ! BE MINDFUL OF YOUR INTENTION. IF there is a partner involve the partner.



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The Manteada is the basic rebozo movement which rocks the mother back and forth in the hammock of the rebozo. Manteada means a rocking or sifting motion. This is ideal for a women in later pregnancy to alleviate back pain, relax the nervous system, relax the ligaments of the uterus and allow more room in the uterus for the baby to move into the best position for labor.



10.

This can be done in the hospital by two people standing on either side of the bed, kneeling on a bed at a home birth or Birth Center, as pictured above.

I DO NOT RECOMMEND EVER STANDING ON THE BED! EVER!

This is a liability, one can harm oneself or the mother!

11.



► Stand in front of her and rock hips left to right. This will relax her enough for baby to find a good place to be. Her hips should rock like they would if she were belly dancing.

► The Standing Version of the Manteada. Spread the rebozo wide over her hips and bum. Be sure she is fully supported and her knees are slightly bent. Stand in front of her and rock hips left to right. Side effect: This may start contractions. Please be aware of your intention when doing this. This should be done to encourage the laboring woman to relax her lower back muscles and bottom.

12.

► **THE KNEE PRESS** IS A WONDERFUL WAY TO BRING COMFORT TO THE LABORING WOMAN. IT ALSO PROMOTES PROXIMITY AND CONNECTION. IN LIEU OF PUSHING MOMS KNEES IN WITH HANDS, THE HIPS AND ARMS ARE USED INSTEAD. PLACE THE REBOZO AT MOMS HIPS AND JUST UNDER HIM BUM. GRAB THE REBOZO WITH BOTH HANDS AT THE HIPS USING YOUR BODY WEIGHT, PULL HER TOWARDS YOU WHILE YOU PUSH HER KNEES IN WITH YOUR HIPS SIMULTANEOUSLY.

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13.



The rebozo can connect the laboring couple. It can provide balance. It is an extension of the partner's love for the woman and extension of his arms. More of her can be in contact with his/her intention. Proximity is achieved in this way as well.
REBOZO FTW!!

14.



The Sweaty Cowboy facilitates PROXIMITY, connection, relief and an opportunity for baby to find a prime position because the laboring woman can relax.

In between contractions the partner can SIFT the woman's belly ever so gently to encourage her muscles to relax.

During the contraction, the partner can squat down, squeeze her hips with their thighs and with their free hand offer counter-pressure if the laboring woman desires. They can use a flat palm or a fist or a tennis ball.



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15.



The WASHING MACHINE-
To help the laboring woman relax her bottom thighs and pelvic floor. Once this happens, baby is free to find an optimum position.

Remember that your intention should be to relax her body. Laughing/giggling is a fun side effect that is an oxytocin release.



Be mindful that mom's arms should be straight or bent at the elbows, especially if baby is well-engaged, so that we do not do anything that might cause baby to float up and out of the pelvis.



Head down as in child's pose can only be helpful if the baby is asynclitic, bear in mind that many certifications indicate that doulas do not diagnose. AGAIN, your intention is everything. The goal needs to be, MOVE MOM NOT the baby! The goal must be: RELAX mom enough so that baby can find his or her own way, as they are fully capable.



16.



PLEASE be mindful that some of your clients may be sexual abuse survivors. Bearing this in mind, this is the **ALTERNATIVE** to the **WASHING MACHINE**. Have the laboring mother take on a deep squat supported by the partner, then the doula OR the partner can shake the rebozo very briskly to help her relax her bottom thighs and pelvic floor.

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NO TUG OF
WAR!

17.

PUSHING!

“A birthing woman is the expert regarding when and how she pushes. Providing directions implies she needs our guidance and we are the experts. Of course each woman and birth situation is different and in some circumstances guidance may be helpful for a woman.”

- Rachel Reed

“There is overwhelming evidence that directed pushing results in increased morbidity for both mother and baby, and amongst other things is associated with: *Mother* – altering body fluid pH resulting in inefficient uterine contractions; maternal fatigue; and metabolic acidosis. *Baby* – [interferes with the gradual descent and rotation](#) and increases risk of hypoxia. In addition, directed pushing does *not* reduce the duration of the ‘second stage’. However it does result in the common scenario of: Woman is directed to push = baby becomes hypoxic and fetal heart rate abnormalities are heard... woman is shouted at to push harder to get her stressed baby out quickly... woman pushes harder... baby becomes more hypoxic and stressed... obstetrician is called in to rescue the baby and pull it out”-Rachel Reed

IF YOUR CLIENT IS MADE TO PUSH BEFORE SHE IS READY BUT DOES NOT HAVE THE VOICE TO SAY OTHERWISE, PLEASE HELP HER PUSH IN A WAY THAT IS GROUNDED AND IS MOST EFFECTIVE.



18.

19.

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Side lying

20.



21. The DANGLE

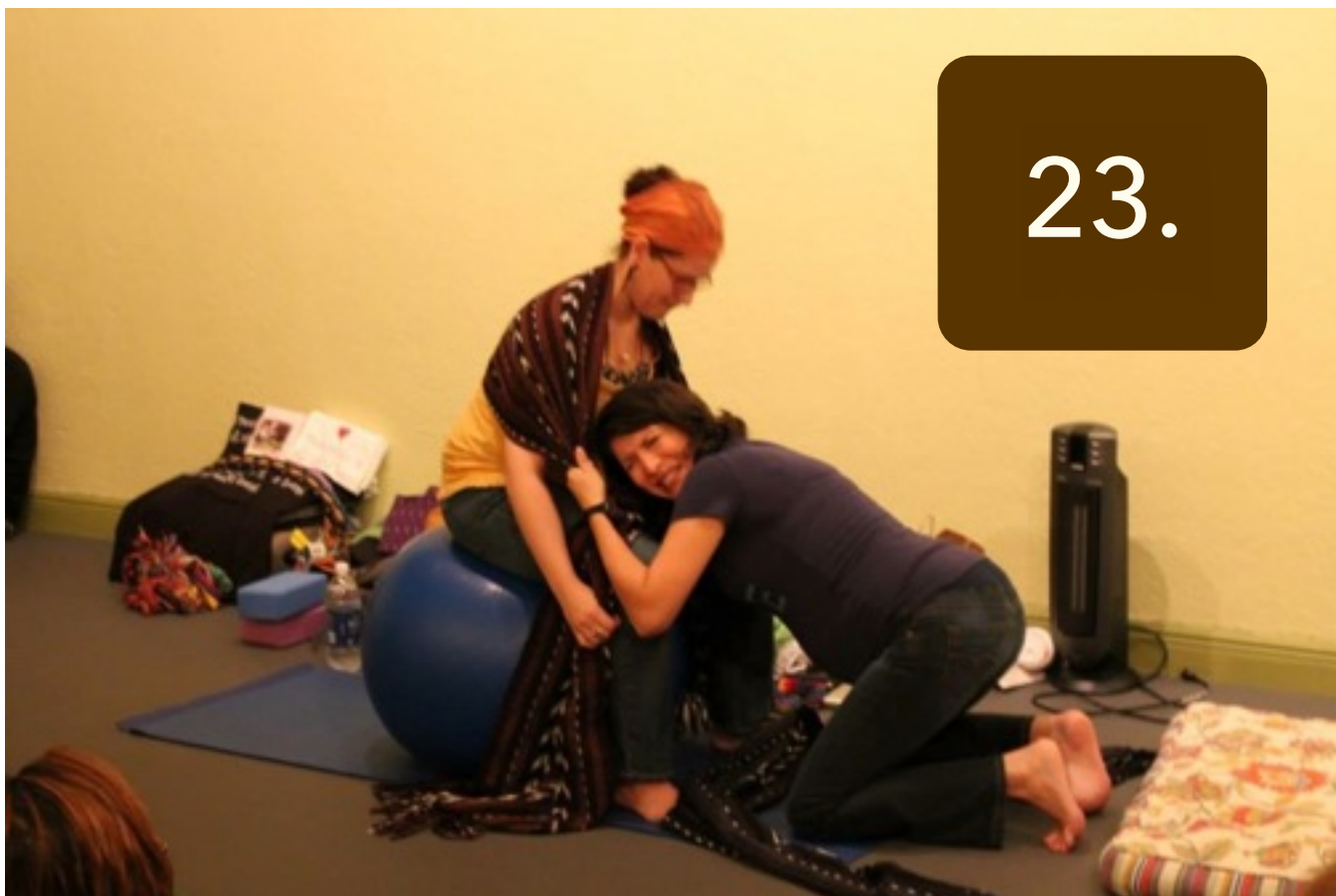
22.

SQUATTING

Mom can be supported by the partner standing or sitting, in front of or behind her



23.



NOTE:

As long as she is pulling towards her body with elbows bent she is engaging her core.



24. In the hospital: The doula and partner can support her by standing on either side of the bed.



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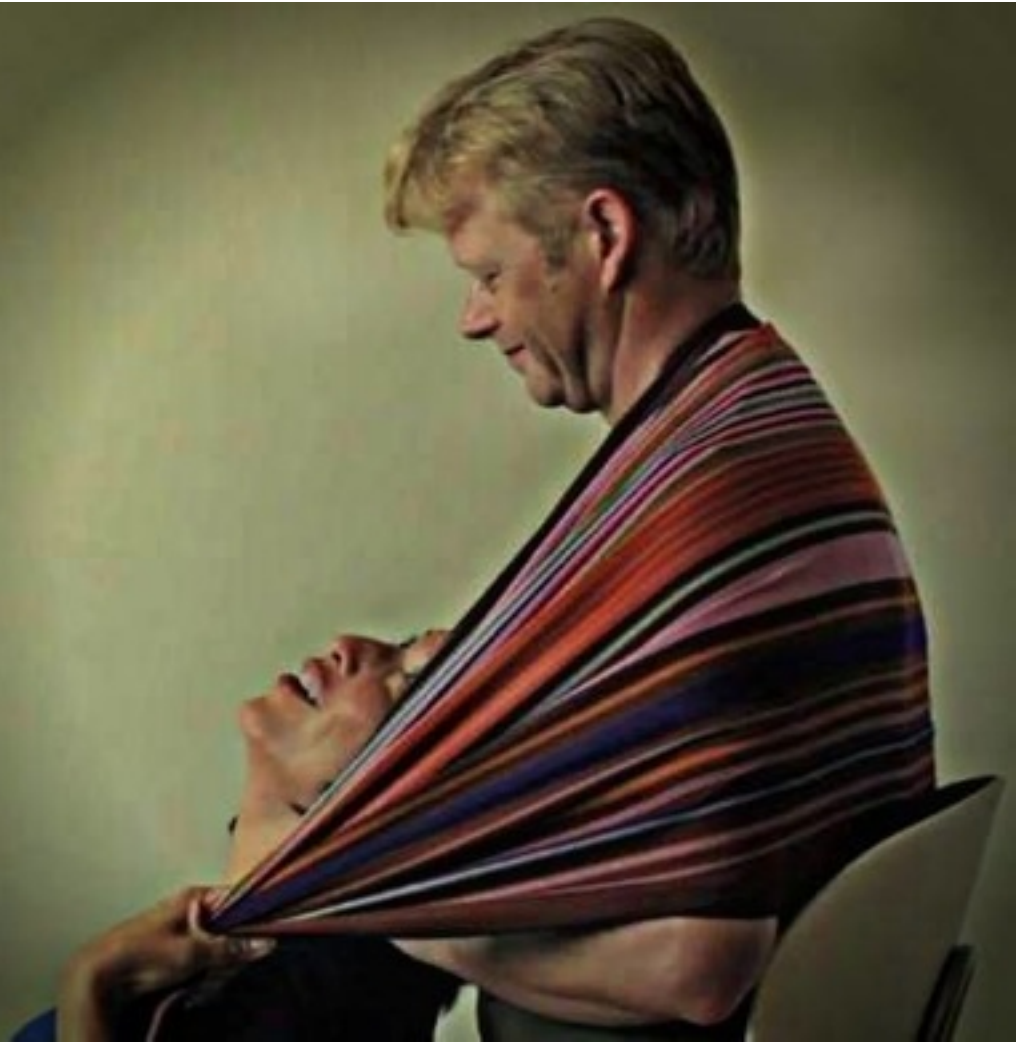
Pictured above I am pretending to be the SQUAT BAR AT A HOSPITAL. To do this, WRAP the rebozo around both sides of the squat bar. Moms arms should be at her side, elbows bent pulling toward herself.



The woman is capable,
fierce and strong.
She doesn't need
anything but support.

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*The Rebozo Allows the
Laboring Couple to Truly
Connect by Allowing for
freedom of Movement and
Lets them Both Feel
Supported and Grounded...*



Gena Kirby is a Doula, CBE, Radio and Internet TV show host. Gena Kirby is on a mission. Gena wants moms to know what they are not being told and that they are not alone.

She has taught rebozo workshops all over the world and is available for travel. Find more information about her schedule, workshops and webinars at www.genakirby.com

Many thanks to all of my students. Thank you to our amazing photography friends. Thank you to my mentors and heroes.:

TO KNOW
People I Mention in Class

REBOZO
Guadalupe Trueba

Naoili Vinaver
<http://www.nacimientonatural.com>

Angelina Martinez Miranda

BIRTH SPEAKERS

WHAPIO
www.thematrona.com

BARBARA HARPER
<http://www.waterbirth.org/barbara-harper---founder>

Gail Tully
<http://spinningbabies.com>

Jen Tow
<http://holisticibclc.blogspot.com>

Shannon Mitchell
www.birthaction.org

PARENTING/ COMMUNICATION
/DADS

Patrick Houser
<http://www.fatherstobe.org>

Joe Valley
www.empoweredpapa.com

Books

The Heart in the Womb by Dr Amali Lokugamage
<http://theheartinthewomb.com>

BODY WORK

Katy Bowman
<http://www.katysays.com>

WEBSITE CREATION SPECIFICALLY FOR BIRTH WORKERS

Joe Valley
www.joevalley.com

MOVIES

BIRTHDAY

THE TIMELESS WAY

LOVE TO MY EDITOR SHANNON MITCHELL