



Dancing For Birth™ is the leading global class for pregnant and new mothers. It's the "trifecta" of birth preparation: feel-good pre/post natal fitness, essential birth and mothering education, and celebration, all rolled into a weekly class that supports you from preconception to postpartum. Dancing For Birth™ was created by USA's National Birth Hero, Stephanie Larson.

Find a class today and learn simple moves for safer, easier birth

99% of Dancing For Birth™ participants report increased confidence about birth and parenting.^{xviii}

For Your Baby

Recreational exercise decreases the chances of both premature labor and the birth of a very small baby.ⁱⁱ

Maternal exercise throughout gestation improves fetal heart health.ⁱⁱⁱ

Upright positions and mobility during birth significantly lowered admissions to neonatal intensive care.^{iv}

All aspects of growth and development after birth in babies from exercising mothers are equal to or better than those of babies from non-exercising mothers.^v

At five years old, children whose mothers exercised during pregnancy scored much higher on tests of general intelligence and oral language skills.^{vi}

Baby is 54% less likely to become distressed during labor/birth if mother is in an upright position.^{vii}

For Your Health

Exercise helps prevent Gestational Diabetes Mellitus (GDM), the most common medical complication of pregnancy.^{xi}

Engagement in structured dance for 12 weeks decreases depression levels.^{xii}

Dance promotes the release of endorphins known to decrease stress and alleviate pain.^{xiii}

Dance reduces muscle tension and promotes relaxation.^{xiv}

Dance improves communication and physical coordination.^{xv}

Women who participated in a 12 month, 3 hour per week dance class had no evidence of expected bone loss, and those who had osteoporosis experienced increased bone density.^{xvi}

For Your Birth

99% of women who were upright and mobile during birth said they would make the same choice again.^{viii}

Healthy pregnant women are advised to get at least 2 ½ hours of aerobic exercise every week.ⁱ

Being upright during labor and birth can increase the available space within the mother's pelvis by up to 30%.^{ix}

Being upright and mobile during birth results in:^x

- Shorter Labors (by more than an hour)
- 20% Fewer Epidurals
- 21% Fewer Episiotomies
- 23% Fewer Assisted deliveries (forceps, vacuum)
- 30% Fewer Cesareans

Women who use movement in labor report that it is an effective method of relieving pain.^{xvii}

Sources

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- vii Cochrane Database Syst Rev 2012, Position in the second stage of labor for women without epidural anaesthesia, by Gupta JK
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- xi The Role of Exercise in Reducing the Risks of Gestational Diabetes Mellitus, by Sarah A Hopkins, Raul Artal
- xii Randomized clinical controlled trial by Akandere and Demire (2011)
- xiii Randomized clinical controlled trial by Akandere and Demire (2011)
- xiv Blasing et al (2012)
- xv Krampe (2013)
- xvi Kudlacek et al
- xvii Storton, S (2007). *The Coalition for Improving Maternity Services: Evidence basis for the ten steps of mother-friendly care.* 16(Suppl.1), 25s-27s.
- xviii Dancing For Birth™ Participant Survey, 2015



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